

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible, preferably within 48 hours of collection. You can ship any day of the week.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed (except section 3a and section 6).
 - Pro-forma Invoices: fill out the supplied invoices (only required if you are shipping from a non-EU country).
- Prepare your shipment:
 - Place the resealable plastic bag(s) containing your samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - Place the box in the DHL bag and ship (see Shipping Instruction).



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Vitamin D ZRT

ENG

Welcome To Your Test Kit

You have chosen to do a Vitamin D ZRT Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Test Questionnaire
- 1 x Blood Spot Card
- 4 x Lancets
- 2 x Plasters
- 2 x Alcohol prep pad
- 1 x Sterile gauze pad pack
- 1 x Resealable bag

If any items are missing or expired, please call +44 (0)1580 201687 or email testkits@nordicgroup.eu.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire (except section 3a and section 6).

Prior to collection

- **IMPORTANT:** Write your name & date of collection on the back of the bloodspot card, prior to collecting your sample.
- Before collecting blood, please wash and dry your hands with a clean towel.

When to schedule your collection

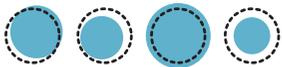
- Collect your blood spot sample in the morning within 30 minutes of waking, and before eating or drinking anything (except water).

Collection Procedure

Tips for a successful sample collection

- Do not touch filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms, or rub hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will ease blood flow.
- Allow the blood to drop from your finger onto the card, try not to touch the blood onto the circles.
- Collect enough blood so that ALL circles are completely filled.

Acceptable collection card example



Unacceptable collection card example



Collection



Step 1:

Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



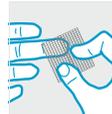
Step 2:

Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



Step 3:

Position the Blood Spot Card on a suitable surface (below waist level) so that the collection circles are facing upwards.



Step 4:

Select a finger to draw blood from (middle or ring finger of non-dominant hand is typically best). Open an alcohol pad and use it to wipe finger. Allow finger to dry for at least one minute.



Step 5:

Pick up a lancet. Holding the thick end of the lancet:

1. Twist the narrow tab at the opposite end and remove; the lancet is now primed.

2. Press the now exposed white tip firmly against your fingertip to release the needle (once the needle is released and has made a small puncture in your finger, it will immediately retract. It is then safe to dispose of).

3. Quickly wipe away the first blood drop with the sterile gauze pad.



Step 6:

Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



Step 7:

As the blood drop forms and is ready to fall, let it drop on to the centre of the circle. Continue collection until ALL circles on the Blood Spot Card have been filled (to fill all the circles you may have to repeat from step 4).



Step 8:

When you have filled all circles on the Blood Spot Card blot finger dry with the sterile gauze pad and then apply a plaster.



Step 9:

Allow the Blood Spot Card to dry for a minimum of four hours. Once dry, place the card into the supplied resealable plastic bag. Store in a cool dry place until ready to ship.