

Blood Collection Kit



blood collection card



lancet



Sterile Alcohol Prep Pad

alcohol pad



bandage



gauze pad



pre-paid return envelope

INSTRUCTIONS FOR USE



Read all instructions prior to sample collection.

Contains:















E.



F.

- A. sample collection card
- B. lancet
- C. bandage D. gauze pad
- E. alcohol wipe F. return envelope

Warning: Persons with bleeding disorders or taking blood thinners should consult with their physicians prior to using this kit.

IMPORTANT: The Omega-3 Index Test requires 1 blood spot collected in the center circle. Avoid taking omega-3 capsules or eating fish 12 hours before collecting the sample.



USER INSTRUCTIONS:

- Remove all components from the small plastic bag. Locate the collection card with the barcode on the front.
- Register the test kit at omegaquant.com/start using the barcode on the collection card. You will NOT receive your results unless it is registered.



- Fill out information requested on the collection card.
- Prepare for fingerprick by improving blood flow by washing your hands in warm water and standing up and shaking your hand at your side.



- 6 Clean the tip of the finger (index, middle, or ring) with the alcohol wipe. Allow alcohol to dry unassisted.
- Twist off the blue protective lancet cover. Place the lancet lightly on the tip of your clean finger and press downward firmly into your finger until a click is heard.



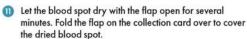
- Wipe away the first show of blood with gauze.
- Gently squeeze the finger to allow a blood drop to form. This can take 15-30 seconds - be patient.



Let the blood drop off your finger onto the collection card into the center circle.



10 When the blood spot is collected, apply pressure to the finger with the gauze pad and bandage the prick site.





Place the sample collection card in the plastic bag and seal the bag. Place this bag in the pre-paid return mail envelope, then mail on the same day.



Discard the lancet and other supplies in the trash.