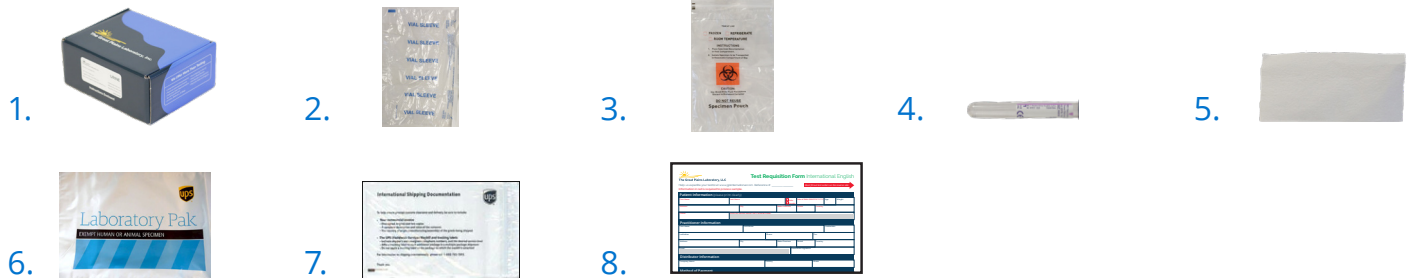




NOTE: NOT FOR HOME USE. This kit must be used by qualified medical personnel.

KIT COMPONENTS



- 1. Cardboard box
- 2. Vial sleeve
- 3. Biohazard zip-lock bag

- 4. Tube – type depends on test, please see below
- 5. Absorbent sheet
- 6. UPS Laboratory Pak

- 7. UPS enclosed plastic pouch
- 8. Test requisition form and paperwork

BEFORE YOU BEGIN COLLECTIONS





1. Save the cardboard box and place gel pack (if included) flat into the freezer (for at least 4 hours) to ship the sample back to us. **Please ship all your samples in a single package to avoid multiple shipping charges.**
2. Samples may only be sent off to the lab on **Monday or Tuesday**. If samples are sent a different day, extra shipping charges may apply and the sample may become compromised.
3. Please check the specimen requirements on the next page for patient preparation instructions.
4. Check on the next page for the items included in every kit. Please check the expiration date on all vials. If any have expired or you are missing test kit components, please call +1 913-341-8949.
5. Only use containers supplied by GPL to avoid contamination of specimens.
6. Fill out the Test Requisition Form completely. Please PRINT clearly.
7. Call your phlebotomist and make an appointment for a morning blood draw.
8. Take the kit, including frozen gel pack (if included) with instructions to your appointment.
9. If you have any questions, please contact us at +1 (913) 341-8949 or CustomerService@gp-labs.com.

For questions about the collection of samples, call Customer Service at +1 (913) 341-8949.

INSTRUCTIONS FOR PHLEBOTOMIST

1. Send sample(s) off to the lab Monday through Wednesday ONLY. Sample must be shipped within 24-48 hours after collection.
2. Collect the appropriate specimen using the guidelines in the table below.
3. Indicate patient's name, date of birth, and collection time and date on vials and on the Test Requisition Form.
4. Follow instructions in table below for sample preparation.

BLOOD SPECIMEN REQUIREMENTS AND GUIDELINES

Vial Type	Test (# of vials for test)	Amount per Vial	Patient Instructions	Phlebotomist Instructions
 <p>Red top</p>  <p>Pour off serum tube (4 mL) This is the tube the sample will be shipped in.</p>	Homocysteine (1)*	2 mL Serum	Hydrate 24-48 hours prior to collection.	Draw blood into the red top tube and allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette serum into the 4 mL pour off serum tube, cap tightly and prepare for shipping. Discard red top tube. IgG & IgE samples can be stored in refrigeration or frozen for up to 15 days. All other samples must arrive to our lab within 5 days after collection.
	Iron + Total Iron Binding Capacity (1)*	2 mL Serum		
	IgG Food MAP w/ Candida + Yeast (1)*	1 mL Serum		
	IgE Food Allergy Basic (2)	5 mL Serum		
	IgE Inhalant Allergy Basic (2)	5 mL Serum		
	IgE Food Allergy Advanced (3)	8 mL Serum		
	IgE Inhalant Allergy Advanced (3)	8 mL Serum		
	IgE Allergy Advanced Combined (6)	12 mL Serum		
	Mold IgE Allergy Test	2 mL Serum		
	Streptococcus Antibodies Profile (1)	3 mL Serum		
	Vitamin D (1)	2 mL Serum		
Advanced Cholesterol Profile (2)	4 mL Serum			
 <p>Blue top no additive (red label – trace element free)</p>	Copper and Zinc Profile (2)*	4 mL Serum	Hydrate 24-48 hours prior to collection.	Draw blood into the blue top tube and allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette serum into the 4 mL pour off serum tube, cap tightly and prepare for shipping. Discard blue top tube. Sample must arrive within 5 days after collection. FREEZE SAMPLE.
 <p>Royal Blue top with K2 EDTA</p>	Metal Red Blood Cell (2)	3 Packed Cells (3 mL)	Hydrate 24-48 hours prior to collection.	Centrifuge specimen for 15 minutes at 1500g. Within 1 hour discard plasma and leave RBCs in the Royal Blue top tube with EDTA. Sample must arrive within 5 days after collection. Do not freeze.
	Metals (Whole Blood) (1)	5 mL Whole Blood	Hydrate 24-48 hours prior to collection.	Invert specimen 10 times in the Royal Blue top tube with EDTA to mix. Sample must arrive within 5 days after collection. Do not freeze.

For questions about the collection of samples, call Customer Service at +1 (913) 341-8949.

PREPARING AND SHIPPING SPECIMENS

1. Complete the following documents:

- **Commercial Invoice.** You should see 3 copies of the commercial invoice in the kit if ordered directly from Great Plains Laboratory. Please sign on the bottom left corner of all 3 copies of the commercial invoice. Place all copies into the enclosed plastic pouch and attach to the outside of the UPS Laboratory Pak.
 - **Biological Declaration (India & Australia only).** Fill out consignee information (The Great Plains Laboratory), mark sample for lab research/human non-infectious, and please specify what kind of sample. On the second page, please fill out: Declarant name, contact information, and email. (This is your information). Place with the commercial invoices in the plastic pouch attached to the outside of the UPS Laboratory Pak.
 - **Test Requisition Form (TRF).** Please print clearly.
2. Place transport vial(s) into the vial sleeve(s) and seal. Place vial sleeve(s) into the biohazard zip-lock bag, insert absorbent sheet, and close. If the sample requires frozen gel pack (see specimen requirements on back), insert frozen gel pack into biohazard zip-lock bag.
 3. Insert biohazard zip-lock bag and the Test Requisition Form into the cardboard box.
 4. Close the lid. Place the box in the UPS Laboratory Pak and seal using the adhesive strip.
 5. Please take note of the shipping/tracking number if you would like to track the package.

SHIPPING INSTRUCTIONS

1. For best results, samples should be taken to your local UPS location (preferably toward end of the day to ensure sample(s) remain frozen during transit). To find your closest UPS Store location and hours visit www.ups.com/dropoff. Discounted shipping rates are indicated on the price list if you ship your sample using the UPS return label included in the kit.
2. We charge for the test and the return shipping when we receive the samples, unless it was paid upfront. Shipping charges vary depending on the country.

IMPORTANT NOTES:

- Shipping rates are per package. **Please ship all your samples in a single package to avoid multiple shipping charges.**
- If you do not locate a return label in the kit, please contact us before collecting sample. Do not go to UPS store to ship without our return label or your sample could be stopped by customs.
- Additional charges may apply if your package exceeds 900 grams.
- GPL will not be liable for refunds if the delivery is delayed due to customs or any other reason.
- Shipping charges are subject to change without notice.

For questions about the collection of samples, call Customer Service at +1 (913) 341-8949.