

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:

- Blood Spot Card: make sure that you have filled out all information on the back of the card.
- Personal Information Form: make sure the form is completed.

Prepare your shipment:

- Place the resealable plastic bag containing your sample along with the completed Personal Information Form into the supplied box.
- Place the box in the return shipping bag and ship (see Shipping Instruction).



Nygade 6, 3.sal • 1164 Copenhagen K • Denmark • Tlf: +45 33 75 10 00
info@nordic-labs.com • www.nordic-labs.com

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TruAge and/or TruHealth

ENG

Welcome To Your Test Kit

You have chosen to do a TruAge Complete or TruAgePACE 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.

Please read the instructions carefully and follow them step by step. In this kit you will find all the material needed for your collection. 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.

See how to collect your sample using this link: nordicvms.com/bloodENG

Check Your Kit

Shipping Materials

- Box containing the collection kit (**keep this box for returning your samples**)
- Shipping Instruction
- Personal Information Form
- Return shipping materials

Collection Materials

- 1 x Blood Spot Card
- 2 x Lancets
- 2 x Plasters
- 2 x Alcohol prep pad
- 1 x Sterile gauze pad
- 1 x Resealable plastic bag

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

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

Personal Information Form: verify that the information on the form is correct and edit if needed.

Prior to collection

This test requires no special diet prior to collection.

When to schedule your collection

You can collect your sample on any day of the week and at any time of the day.

Collection Procedure

Tips for a successful sample collection

- Do not touch the 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 your hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting your 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 encourage blood flow.
- Allow the blood to drop from your finger onto the card, try not to touch the blood onto the circle.
- Collect enough blood to fill the FULL circle.
- DO NOT add additional blood to the circle once it is complete or dry. "Layering" blood will invalidate the collection.

Collection



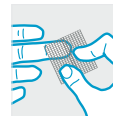
Step 1:
Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



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 circle is 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 the lancet and hold the thick end. Twist the narrow tab at the opposite end and remove. The lancet is now primed.



Step 6:
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. The lancet is now safe to dispose of. Quickly wipe away the first blood drop with the sterile gauze pad.



Step 7:
Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



Step 8:
When the blood is ready to fall, let it drop onto the centre of the circle. Apply 10-15 drops to fill and soak through the blood spot card. Continue collection until the circle on the Blood Spot Card has been filled. Check the back side of the card to ensure that the blood has saturated all the way through.



Step 9:
When you have filled the full circle on the Blood Spot Card, blot finger dry with the sterile gauze pad and apply a plaster.



Step 10:
Allow the Blood Spot Card to dry for a minimum of three hours. Place it in a safe place, away from moisture and direct sunlight. Once dry, place the card into the supplied resealable bag. Store in a cool, dry place until ready to ship.

**Acceptable
collection card
example**



**Unacceptable
collection card
example**

