



Welcome To Your Test Kit

You have chosen to do an ION Profile 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.

Please note: This test requires a urine sample and a blood draw. Please note that the blood draw procedure for this test needs to be carried out by a doctor or phlebotomist. Please read the Shipping Preparation and Shipping Instruction thoroughly before booking a blood draw appointment. You should collect your urine sample at home the day before your blood draw and shipped together.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit **(keep this box for returning your samples)**
- 1 x Gel freezer pack
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices **(only included if you are shipping from a non-EU country)**

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.

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu.

Blood Collection Materials

- 2 x Bio-hazard bags with absorbent pads
- 4 x Serum Separator Tubes (SST)
- 1 x Na-EDTA, K2-EDTA or NA Heparin Blue-capped tube
- 1 x Na Heparin blue or green-capped tube
- 1 x Lavender-capped tube
- 3 x Amber transfer tubes
- 1 x Blue-capped clear transfer tube
- 1 x Yellow-capped clear transfer tube
- 1 x White-capped clear transfer tube
- 2 x Disposable pipettes
- 7 x Labels

Urine Collection Materials

- 1 x Amber vial **(the inside of the vial is coated with transparent thymol preservative which is not visible to the eye)**
- 1 x Green-capped vial
- 1 x Disposable pipette
- 2 x Labels
- 1 x Bio-hazard bag with absorbent pad
- 1 x Disposable glove



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Preparation

Provide the following information

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

When to schedule your collection

- Your urine sample should be collected in the morning, the day before your blood draw appointment unless you wake up at night to urinate (see Urine Collection Procedure). You must take your frozen urine sample with you to your blood draw appointment.
- Your blood sample must be collected on a Monday, Tuesday or Wednesday ONLY and ALL samples must be shipped on the same day as blood collection.
- Book your blood draw appointment on a Monday, Tuesday, or Wednesday before 2pm as the samples must arrive at the laboratory on a working day.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test and ensure that they have the correct centrifuging, freezing and refrigerating facilities for your samples when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call the shipping company (see Shipping Instruction) before 2pm to arrange for a courier to collect your samples from the address of your doctor or phlebotomist.
- The shipping company have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

Four Days Before Blood Collection:

- Discontinuing medications is at the discretion of your physician. Valproic acid, acetaminophen, and berberine HCl can interfere with selected analytes.

Night Before Blood Collection:

- DO NOT have anything to eat or drink (other than water) after 9:00pm on the night before your blood is drawn.
- Freeze freezer pack for at least eight hours prior to blood draw and take it along to your blood draw appointment.

Day of Blood Collection:

- Ensure that you have frozen your urine samples for a minimum of two hours prior to your blood draw appointment and take them along to your appointment.

Four Days Before Urine Collection:

- Consult your healthcare provider about stopping medications and supplements.

24 Hours Before Urine Collection:

- Eat your usual diet but avoid over-eating any single food or consuming an extreme diet.
- Consume no more than six 8-ounce (230 ml) glasses of fluid over the 24 hours before collection.

Night Before Urine Collection:

- Fast Overnight. Water is okay.
- Freeze gel pack for at least 8 hours prior to urine collection and take it along to your blood draw.

Morning of Urine Collection:

- Collect urine immediately upon waking.

Important notes

- Be aware that the urine vial contains preservative. DO NOT RINSE.
- Freeze the gel freezer pack for a minimum of eight hours prior to collecting your samples.
- Abnormal kidney function or use of diuretics may influence test results.
- Never discontinue prescription medications without first consulting your physician.

Shipping Preparation

When to schedule your shipment

- This test kit must be shipped on a Monday, Tuesday or Wednesday ONLY, and must not be stored for more than 24 hours.
- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, keep the amber transfer tubes, yellow-capped clear transfer tube, white-capped clear transfer tube, amber urine vial, green-capped urine vial and gel freezer pack in the freezer until you are ready to ship your samples. Keep the the Na-EDTA, K2-EDTA or NA Heparin Blue-capped tube and the lavender-capped tube in the refrigerator until you are ready to ship. Do not store for more than 24 hours.
- Schedule your shipment so that your samples will arrive at the laboratory on a working day, as we are closed over the weekend.

Return frozen

- 3 x Amber transfer tubes
- 1 x Yellow-capped clear transfer tube
- 1 x White-capped clear transfer tube
- 1 x Amber urine vial
- 1 x Green-capped urine vial
- 1 x Gel freezer pack

Return refrigerated

- 1 x Na-EDTA, K2-EDTA or NA Heparin Blue-capped tube
- 1 x Lavender-capped tube

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed, and that you have noted the date of both collections.
 - Pro-forma invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place ALL your frozen blood tubes into one of the bio-hazard bags and seal.
 - Place the Na-EDTA, K2-EDTA or NA Heparin Blue-capped tube and the lavender-capped tube into another bio-hazard bag and seal.
 - Place the amber urine vial and Green-capped urine vial into the last bio-hazard bag and seal.
 - Place the frozen gel freezer pack into the bottom of the styrofoam box. Then place all three bio-hazard bags on top of the gel freezer pack along with your completed Personal Information Form.
 - Place the Styrofoam Box into the shipping box. Place the box in the return shipping bag and ship (see Shipping Instruction).

Urine Collection Procedure

Important: This sample should be done at home the morning before your blood draw appointment.



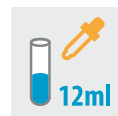
Step 1:

Write your name, date of birth, and collection date and time on the label and attach it to both of the urine tubes. Also note date and time of collection on the Personal Information Form.



Step 2:

Collect your first morning urination into a clean container (such as a clean cup or jar) If you wake during the night, within six hours of when you typically wake for the day, collect your urine in the container and refrigerate, then combine with your first morning urination.



Step 3:

Stir, then transfer urine from the cup to each of the tubes using the pipette. Continue to add urine until each tube is nearly full (DO NOT OVERFILL).
Avoid contact with skin and eyes. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. If ingested, contact a poison control center immediately.



Step 4:

Screw the cap tightly onto the tubes and shake. Dispose of the remaining urine.



Step 5:

Place the urine tubes containing your samples into the bio-hazard bag and freeze for a minimum of two hours.



Step 6:

Place the bio-hazard bag containing the sample and the gel freezer pack into the freezer until you are ready to attend your blood draw appointment (you must take the bio-hazard bag containing your frozen sample and gel freezer pack along to your blood draw appointment and ask them to freeze until your urine samples are ready to ship. ALL samples must be shipped together in one box).

Blood Draw Procedure

Important: The blood draw procedure is for professional use i.e. the information is for the doctor or phlebotomist on how to take the sample. Please use the tick boxes supplied to mark off each step as they are completed.

The Na-EDTA blue-top tube, NA Heparin blue-top tube, and K2-EDTA blue-top tube are interchangeable for this specimen collection pack. These are trace mineral tubes, not standard tubes.

Write patient's first and last name, date of birth, and date and time of collection on the Personal Information Form, as well as on labels and attach to the tubes using a permanent marker.

IMPORTANT: To ensure accurate test results, you must provide the requested information.

Step 1:




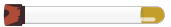


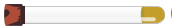


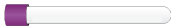
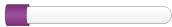
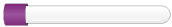

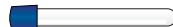






Clean the skin thoroughly with isopropyl alcohol before ventipuncture, and use only stainless steel needles.

Step 2:

Draw blood.

Step 3:

Process blood using bench chart below. Processing must be completed within 45 minutes of blood collection.

TUBES	PROCESS		LABEL AND RETURN
<p>NA-EDTA, K2-EDTA tube, or Na Heparin Blue-top tube</p> 	<ul style="list-style-type: none"> Gently invert the tube 10-15 times. 		<ul style="list-style-type: none"> Refrigerate RETURN TO LABORATORY 
<p>SST Tube x 4</p>  <p>Amber Transfer Tubes x 3</p>  <p>White-Capped Clear Transfer Tube</p> 	<p> (x 4)</p> <p>SST Tubes</p> <ul style="list-style-type: none"> Clot for 15 minutes while standing in a rack Centrifuge for 15 minutes at 3000 RPM Transfer three of the serums to the amber transfer tubes Transfer one serum to the white-capped clear transfer tube DISCARD USED SERUM TUBES 		<p> (x 3)</p> <p>Amber transfer tubes</p> <ul style="list-style-type: none"> Freeze <p></p> <p>White-capped clear transfer tube</p> <ul style="list-style-type: none"> Freeze
<p>EDTA Lavender-top Tube</p> 	<p>Lavender-top Tube</p>  <ul style="list-style-type: none"> Gently invert 5 times DO NOT shake 		<p></p> <p>Lavender-top Tube</p> <ul style="list-style-type: none"> Refrigerate
<p>Na Heparin Tube Blue or Green-top</p>   <p>Blue-top Preservative Tube</p>  <p>Yellow-top Preservative Tube</p> 	  <ul style="list-style-type: none"> Gently invert the tube 10-15 times Centrifuge for 15 minutes at 3000 RPM Transfer plasma to blue-top preservative tube DISCARD USED TUBE 	 <ul style="list-style-type: none"> Immediately shake very hard for at least 10-20 seconds Centrifuge for 5 minutes at 2500 RPM Transfer the clear supernatant into the yellow-top preservative tube DISCARD USED TUBE 	<p></p> <p>Yellow-top Preservative Tube</p> <ul style="list-style-type: none"> Freeze