

Bloodspot Profile

State-of-the-art Science. Superior Solutions.



Need more information?

Please see our instructional videos at
www.PhysiciansLab.com or call **877.326.5969**

Accession #

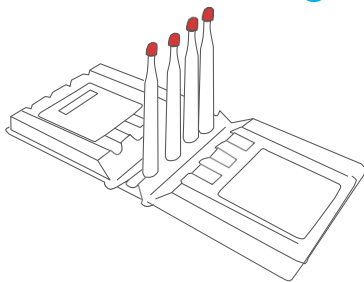


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diagnose, treat, or recommend treatment for medical conditions.

Bloodspot Specimen Collection Log

IMPORTANT

Record collection date and time and return this card with your sample. Kits received without this information will be rejected.



Collection Day: ____ / ____ / ____ mm/dd/yy

Collection Time: ____ : ____

All collection tips provided to you must be completely saturated in order for the Lab to process your samples.

Timing: collect sample first thing in the morning prior to taking daily medications and supplements

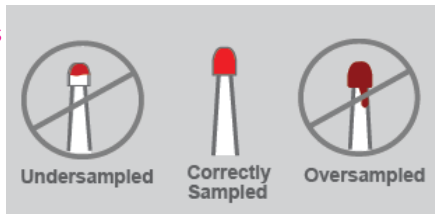
Avoid supplements containing Biotin for 3-5 days before testing

Important Steps For Collecting Your Samples

- ▼ **Rub hands together or run hands under warm water for 2 minutes to improve blood flow. Brief exercise can also help.**
- ▼ After triggering the lancet, firmly press and slightly twist the lancet against the incision to allow greater blood flow.
- ▼ Wipe away the first drop of blood to prevent clotting too soon.

Preparing your kit for return

- ▼ **Collection tips must be completely saturated in order for the lab to process your samples.**
- ▼ Insert Clamshell into specimen bag, seal bag shut, and insert into test kit for return shipping back to the lab.
- ▼ Include this Collection Date and Time card within your kit.



Shipping

Place return kit immediately in the pre-paid shipping envelope provided.

Bring return kit to any certified drop off, drop box or local office.

For questions regarding sample collection, please call Physicians Lab's at (877)326-5969

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