

## Read all instructions prior to sample collection.

Contains:

A.



B.



C.



D.



E.



F.



A. sample collection card

B. lancet

C. bandage

D. gauze pad

E. alcohol wipe

F. return envelope

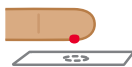
**Warning:** Persons with bleeding disorders or taking blood thinners should consult with their physicians prior to using this kit.

**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](https://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.
- 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.**
- When the blood spot is collected, apply pressure to the finger with the gauze pad and bandage the prick site.
- Let the blood spot dry with the flap open for several minutes. Fold the flap on the collection card over to cover the dried blood spot.
- 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.



Barcode #

Register your kit at [omegquant.com/start](http://omegquant.com/start) with the barcode on the collection card.



# Dried Blood Spot Collection Instructions



Omega-3 Index Tests require only 1 drop of blood in the center circle.










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REF 101, 102, 103

Sample collection card manufactured for OmegaQuant by Eastern Business Forms. Dried blood spot collection kit made in USA by OmegaQuant.

### Label legend:

	Manufacturer
	Catalog number
	Lot number
	Do not re-use
	Caution, consult instructions for use
	Storage instructions
	Use By Date

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**Indications for use:** OmegaQuant's dried blood spot collection kit is intended to be used for collection of a blood sample to be transported to a laboratory for certified testing.

**Special conditions for use:** Testing is intended for nutritional status assessment and not to diagnose, cure, treat or mitigate any diseases.

**Storage:** 

101.003v3

Contact us if you have  
any questions:

[omegquant.com/faq](http://omegquant.com/faq)  
[info@omegquant.com](mailto:info@omegquant.com)  
Toll-free: (800) 949-0632

Your sample will be processed,  
and the results sent to you in 2-4 weeks.