

SPECIMEN COLLECTION AND PROCESSING

Specimen Collection

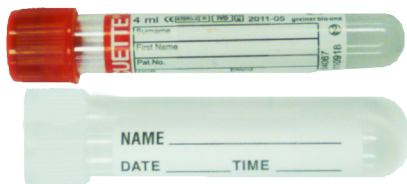
- All patients should be drawn Monday through Friday ONLY. There should be NO Saturday draws. SpectraCell Laboratories does not receive samples on Sundays, Mondays or federal holidays.
- Fasting is only required for two tests, the LPP™ and the HS-Omega-3 Index®. It is recommended that the patient fast 9 to 12 hours prior to the blood draw.
- Each specimen has temperature requirements which must be met. These are explained with each test description.
- All tubes must be marked with the patient name and date of the draw.
- Please draw separate tubes for the HS-Omega-3 Index® and Apolipoprotein E tests. **DO NOT SEND ONE TUBE FOR BOTH TESTS.**

1



Micronutrient testing - No Fasting Required: Tests all components of the Comprehensive Nutritional Panel. Whole blood is required. Collect two CPT tubes of whole blood (8ml in each). Invert tubes 5 to 6 times. Do Not Refrigerate, Freeze or Centrifuge. Ship in the micronutrient test kit.

2



LPP™ Tests – Fasting Required: Fast 9 to 12 hours prior to blood collection. Collect 3 ml of serum. Draw blood in the SST tube and allow it to clot for 30 minutes. Centrifuge for 15 minutes within one hour of collection. Transfer the serum from the SST into the transfer vial provided. Keep refrigerated until shipped. Ship with the frozen ice brick in the LPP™ kit provided.

Chemistry Tests – No Fasting Required:
Follow collection and shipping requirements for LPP™ tests.

3



HS – Omega-3 Index® – Fasting Required. Fasting 9 to 12 hours prior to the blood collection is required. Whole blood is required. Collect one purple top (EDTA) tube. Do Not Centrifuge or Freeze. Can be shipped in the LPP™ kit or the micronutrient kit.

**-DO NOT SEND ONE TUBE FOR BOTH TESTS-
Apolipoprotein E-Genotyping – No Fasting Required.**

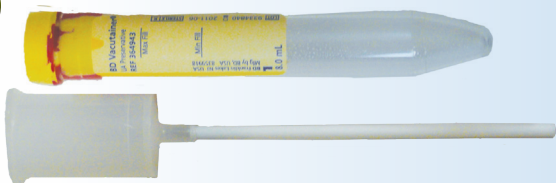
Whole blood is required. Collect one purple top (EDTA) tube. Do Not Centrifuge or Freeze. Ship in the LPP™ kit or the micronutrient kit.

4



Telomere – No Fasting Required. Collect one blue top (sodium citrate) tube. Do Not Centrifuge or Freeze. Ship in the micronutrient kit or LPP™ kit.

5



ART – No Fasting Required: 8 ml of preserved voided urine is required. Patient should void into collection cup. Insert straw provided in the kit into urine sample. Push the tube containing preservative onto the straw and the vacuum will draw the required amount of urine into the tube. Keep refrigerated until shipped. Ship with the frozen ice brick in the LPP™ kit provided.

Processing

- Specimens must be labeled with the patient's last name, first name, and date of the draw.
- Freeze ice bricks for 24 hours before using.
- Place completed requisition in outside pocket of the biohazard bag.
- Multiple specimens should be mailed in the same FedEx package.