

Collect samples Monday-Friday, except on or the day before federal holidays.

Verify the expiration date on the test tube, and label it with the **PATIENT NAME**, **DATE OF BIRTH**, and **DATE OF COLLECTION**.

It is strongly recommended that a 21-gauge needle be used for specimen collection.

Test	Fasting	Collection Tube (Volume)	Mixed by Inverting	Centrifuge Between 30-60 mins	Refrigerate Until Shipped
Micronutrient (MNT)	N/A	ACD (2)	8 x	No	N/A
LPP Plus	Yes (9-12 hrs)	SST <sup>1</sup> (2)	N/A	Yes <sup>2</sup> (3000 rpm for 15mins)	Yes
Telomere	N/A	BLU (1)	6 x	No	N/A
MTHFR	N/A	LAV (1)	6 x	No	N/A
Immune Health	N/A	ACD (2)	8 x	No	N/A
Mental Health	N/A	ACD (2)	8 x	No	N/A
Energy Optimization	N/A	ACD (2)	8 x	No	N/A
Weight Optimization	N/A	ACD (2)	8 x	No	N/A
AgeNexus	N/A	ACD (2)	8 x	No	N/A
		BLU (1)	6 x	No	N/A
CardiacNexus	Yes (9-12 hrs)	SST <sup>1</sup> (2)	N/A	Yes <sup>2</sup> (3000 rpm for 15mins)	Yes
		LAV (1)	6 x	No	N/A
Cardi-A1c	Yes (9-12 hrs)	SST <sup>1</sup> (2)	N/A	Yes <sup>2</sup> (3000 rpm for 15mins)	Yes
		LAV (1)	6 x	No	N/A
Baseline Nexus	This kit includes the MNT, LPP, Telomere, and MTHFR tests. Please follow the individual test instructions provided above.				



**ACD**  
ACD  
Solution A



**SST**  
Serum  
Separator



**LAV**  
EDTA



**BLU**  
Sodium  
Citrate

1. Place collection tubes directly next to (2) frozen ice bricks.

2. Do NOT pour off the serum.

## SPECIMEN PACKAGING – ALL SPECIMENS SHOULD BE PACKAGED IN ONE KIT

### Micronutrient (MNT) Kit Only

Refer to temperature requirements carefully as it greatly affects MNT results.

1. Freeze ice brick(s) for 24 hours before drawing MNT specimen(s) if local temperatures are above 90°F. \* (Use all ice bricks included in the kit)
2. Collect the specimen according to the instructions in the chart above.
3. Insert the collection tubes inside the foam holder, then place it in the biohazard bag. Put the requisition in the outside pocket of the bio-hazard bag.
4. Place ice brick(s) in the smaller compartment and the ACD tubes in the larger compartment of the Styrofoam box. Set the Styrofoam lid securely in place and close the cardboard lid. Use tape to secure the cardboard lid.
5. One kit can be utilized for multiple Micronutrient Test (MNT) samples or patients. Kindly adhere to steps 1-3 as outlined above.

### Multiple Tests in one kit: How to package a kit with multiple tubes.

1. Freeze ice brick(s) for 24 hours before drawing specimen(s) requiring refrigeration. \* (Use all ice bricks included in the kit)
2. Select the appropriate collection tubes for the requested test(s) according to the instructions in the chart above.
3. All specimens should be placed in the bio-hazard bags. Put the requisition(s) in the outside pocket of one of the bio-hazard bags.
4. **SST tubes:** Place all SST tubes inside the smaller compartment directly in contact with the ice brick(s), and put all other tubes in the larger compartment.  
**Do not place ACD tubes directly in contact with frozen ice bricks.**
5. Set the Styrofoam lid securely in place and close the cardboard lid. Use tape to secure the cardboard lid.

❖ **Domestic Shipping:** The Priority Overnight prepaid FedEx shipping label has been affixed to the SpectraCell Kit for return shipping.

For FedEx, call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup.

**Always leave samples with a FedEx Pick up driver or inside a FedEx facility. DO NOT USE COURIER DROP BOX.**

❖ **International Shipping:** Place Air Waybill, commercial invoice and CDC notice in pouch directly affixed to the SpectraCell Kit for return shipping. For FedEx, call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup.

**Always leave samples with a FedEx Pick up driver or inside a FedEx facility. DO NOT USE COURIER DROP BOX.**

All specimens **MUST BE SHIPPED OVERNIGHT** on the same day they are collected.

Call SpectraCell Labs Client Services at 800.227.5227 ext. 7350 with any questions regarding specimen requirements or shipping instructions.