

# How to Complete Your Testing with SpectraCell Laboratories



STEP 1

Order Through a Provider  
or Our Website



STEP 2

Get Your Blood  
Drawn



STEP 3

Ship Your Sample



STEP 4

Receive Your Results

## Getting a Test Kit and Order Form

To begin testing, you will need:

- A test kit (which includes test tubes, an ice brick, and a prepaid overnight air bill)
- A requisition form (also called an order form)

## STEP 1. Order Through a SpectraCell Provider or Our Website

### Option 1: Through a SpectraCell Provider

If you're not currently working with a provider who has an account with us, we can help you find one.

 [Click here to receive a list of SpectraCell providers in your area](#)

#### Note:

- Micronutrient, Genetic, and Cardiovascular testing are not available to providers in **New York state**.
- The provider may either give you a kit in person or request SpectraCell to ship a kit and order form directly to you for a fee.

## Option 2: Order Directly from Our Website

You can purchase tests directly through our lab if you reside in a state that allows direct-to-consumer testing.

 [Click here to order tests from our website](#)

Direct-to-consumer laboratory testing is not permitted in the following states: **CA, MD, MA, NJ, NY, PA, and RI**. Therefore, specimens cannot be collected, and lab results cannot be delivered to residents in these states.

**PLEASE NOTE:** *If you are ordering lab tests online without going through a licensed medical professional, you cannot submit to insurance for payment or reimbursement. Also, It is not recommended that you interpret your own lab results. With any medical report, best clinical outcomes are achieved when results are reviewed with a professional.*

## STEP 2. Get Your Blood Drawn

Once you have your kit and order form, schedule your blood draw with a certified phlebotomist.

- If your provider doesn't have one in-office, you can find one near you here:

 [Find a nearby draw site](#)

### Note:

- If no draw sites are available in your area, any certified phlebotomist (e.g., at a local hospital or urgent care) may draw your blood.
- You are responsible for paying the phlebotomy fee directly to the draw site. Please contact them for pricing.

## STEP 3. Ship Your Sample

- Be sure to have your blood drawn **before your local FedEx cutoff time**.
- In most cases, the draw site will arrange for FedEx pickup.
- If not, you can:
  - Call **1-800-463-3339** to schedule a pickup, or
  - Drop the kit off at a **staffed FedEx location** (not a drop box). Ensure it's before their last pickup time for overnight shipping.

## STEP 4. Receive Your Results

Once your sample has been received and processed, your results will be securely delivered to the ordering party (provider or direct purchaser) via secure email.

### Expected Turnaround Time

Tests	Business Days
Micronutrient (MNT)	approx. 12 business days
LPP Plus+	approx. 11 business days
TELOMERE	approx. 16 business days
MTHFR	approx. 16 business days
Immune Health	approx. 12 business days
Mental Health	approx. 12 business days
Energy Optimization	approx. 12 business days
Weight Optimization	approx. 12 business days
Age Nexus	approx. 16 business days
Cardiac Nexus	approx. 16 business days
Cardi-A1c	approx. 6-12 business days
Baseline Nexus	approx. 16 business days