

IMPORTANT NOTICE

Collect samples Monday-Friday, except on or the day before federal holidays.
First verify the expiration date on the test tube, then 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 ¹ (2)	N/A	Yes ² (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 ¹ (2)	N/A	Yes ² (3000 rpm for 15mins)	Yes
		LAV (1)	6 x	No	N/A
Cardi-A1c	Yes (9-12 hrs)	SST ¹ (2)	N/A	Yes ² (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

- ❶ 1.SST only: Place SST tubes directly against and between all 3 frozen ice packs. Keep ACD and other tubes away from the ice packs.
- ❷ 2.Do NOT pour off the serum.

SPECIMEN PACKAGING – ALL SPECIMENS SHOULD BE PACKAGED IN ONE KIT

Micronutrient (MNT) Kit Only

- Freeze all 3 ice packs for 24 hours before collection. ***(Use ALL 3 ice packs included in the kit)**
- Place tubes in foam holder and seal inside biohazard bag. Place requisition in outside pocket.
- Place ice packs in small compartment. Place ACD tubes (inside foam holder/ biohazard bag) in large compartment.
- Secure Styrofoam lid and tape cardboard lid closed.

Telomere/MTHFR Kit Only

- Place tube(s) in silver envelope.
- Remove paper strip and seal envelope securely.
- Place the sealed silver envelope and completed requisition into the return shipping bag.

LPP Plus Kit Only

- Freeze all 3 ice packs for 24 hours before collection. ***(Use ALL 3 ice packs included in the kit)**
- Place tubes inside biohazard bag. Seal it and place requisition in outside pocket.
- Place SST tubes directly against and between the frozen ice packs.
- Secure Styrofoam lid and tape cardboard lid closed.

Multiple Tests in One Kit

- Freeze all 3 ice packs for 24 hours before collection. ***(Use ALL 3 ice packs included in the kit)**
- Place tubes in foam holder and seal inside biohazard bag. Place requisition in outside pocket.
- SST tubes: Place between ice packs in large compartment.
- All other tubes: Place in small compartment. Do not place ACD tubes directly against frozen ice packs.
- Secure Styrofoam lid and tape cardboard lid closed.

SPECIMEN RETURN SHIPPING INSTRUCTIONS

- ❶ **Always leave samples with a FedEx Pick up driver or inside a FedEx facility; DO NOT USE COURIER DROP BOX OR THRID PARTY MAIL CENTER.**

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

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

International Shipping: A prepaid FedEx Priority Overnight return label is affixed to the FedEx pouch on the FedEx bag. Complete all 3 Commercial Invoices included with your kit, place 2 additional return labels and the completed Commercial Invoices in the pouch and place the kit inside the FedEx bag.

UPS return shipping is also available upon request. Please contact Customer Service if UPS shipping is needed.

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