

11"

8.5"

# OmegaQuant<sup>®</sup>

ANALYTICS

## HS-Omega-3 Index<sup>®</sup>

OmegaQuant<sup>®</sup>  
ANALYTICS  
HS-Omega-3 Index<sup>®</sup>

Directions Inside

8/09

OUTSIDE

11"

8.5"

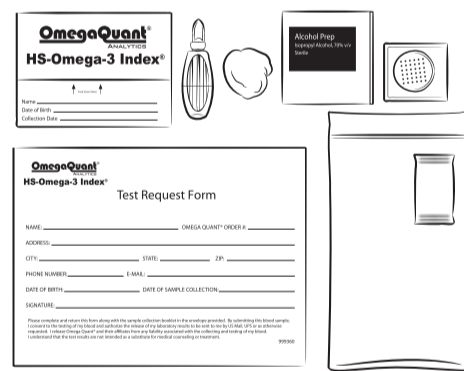
OmegaQuant<sup>®</sup>  
ANALYTICS  
HS-Omega-3 Index<sup>®</sup>

### Collection Instructions

*Please read thoroughly  
before beginning*

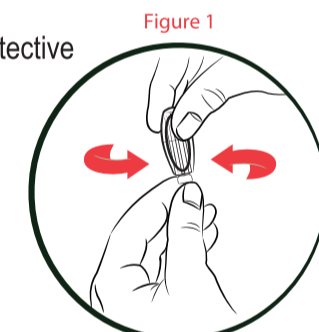
#### Collection Kit Contents

1. Test Request Form
2. Sample Collection Booklet
3. Lancet
4. Alcohol Pad
5. Cotton Ball
6. Adhesive Bandage
7. Plastic Bag With Desiccant Packet
8. Postage Paid Return Envelope



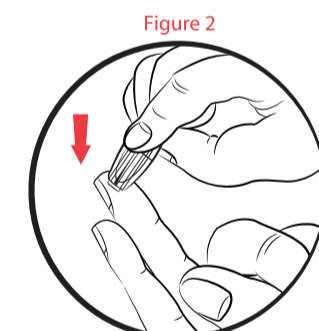
1. Fast overnight for 10 hours with nothing to eat or drink except water.
2. Remove all components from the large plastic bag. Leave the desiccant pack in the small bag.
3. Completely fill out the Test Request Form.
4. On the sample collection booklet, write your first and last name, date of birth (MM, DD, YY) and date of collection. Open the booklet to reveal the collection circle(s).
5. To increase blood flow to the hands, thoroughly wash your hands in warm tap water and hold your arm down at your side for approximately 20 seconds.
6. Open the alcohol wipe and clean the side (not the pad) of the finger you plan to use, typically the middle or ring finger. Wipe the excess alcohol away with the cotton ball.

7. Hold the lancet device and twist off the blue protective lancet cover (Figure 1). Place the lancet device firmly on the side of your clean finger and press the entire lancet device downward into your finger until the spring of the lancet needle releases (Figure 2). You will feel a faint sting.



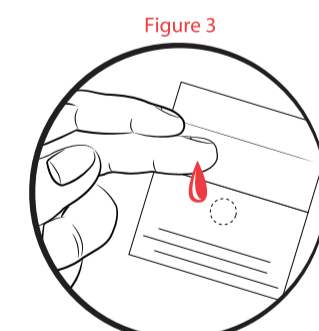
8. Allow the blood to collect on your fingertip until it becomes large enough to begin to fall as a drop (Figure 3). If needed, lightly squeeze your finger to get the drop to form.

9. Before the drop naturally falls from your finger, lightly touch the blood drop (not your fingertip) to the center of the circle (Figure 4).



10. When finished, put pressure on the fingertip with the cotton ball to stop the bleeding; apply adhesive bandage if you wish.

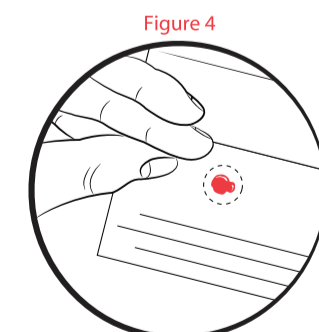
11. Let the blood spot dry for 15 to 20 minutes.



12. Once the blood spot is dry, fold the sample collection booklet like a match book cover so it covers the blood spot and stays closed.

13. Immediately place the sample collection booklet in the small plastic bag with the desiccant packet, and seal the bag.

14. Place the sealed bag in the enclosed business reply envelope along with the Test Request Form. Seal well and place in the U.S. mail. **It is important to mail the sample on the same day it is collected.**



15. Discard the lancet and other supplies in the trash.

Persons with bleeding disorders or taking blood thinning medications should consult their physician prior to using this kit.

INSIDE