

SAMPLES THAT DO NOT MEET CRITERIA BELOW MAY NOT BE USABLE FOR TESTING. EACH BLOOD SPOT MUST:

- **SOAK THROUGH THE COLLECTION CARD SO THAT BLOOD SHOWS THROUGH ON THE BACK.**
- **BE AT LEAST THE SIZE OF A PENCIL ERASER (APPX 1/4" OR 6.5 MM).**
- **CONTAIN ONE DROP PER CIRCLE, NO OVERLAPPING.**



Step 1

Open the kit and spread out the contents.

- The contents include:
- 1 blood spot card
 - 2 alcohol pads
 - 1 biohazard bag
 - 1 pair of disposable gloves
 - 1 return bubble mailer
 - 1 blood lancets
 - 1 gauze sponge
 - 1 silica gel



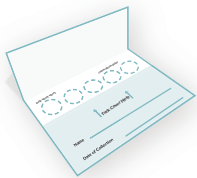
First Name: _____
Last Name: _____
Date of Birth: _____ Gender: _____
Collection Date _____



Step 2

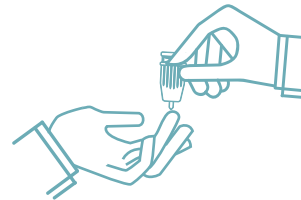
Wash hands with soap and water. Use a clean towel to dry hands. Make sure hands are warm and circulation is going. Confirm your name and write the date and time of collection on the card prior to collecting.

Note: To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water.



Step 3

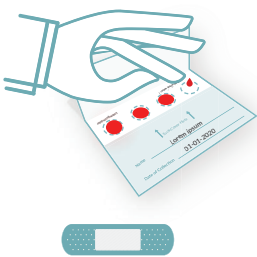
Put on disposable gloves. Unfold the sampling sheet containing 2 flaps and orient as shown in the figure.



Step 4

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.

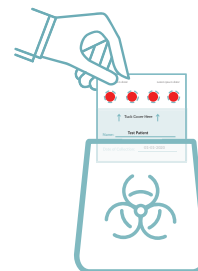
Note: The sampling sheet should not touch the surface of the water.



Step 5

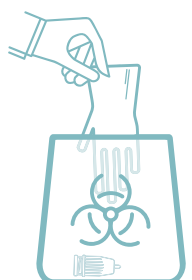
Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection until all circles have been filled. When finished, apply bandage.



Step 6

Leave blood spot card open to dry - minimum 30 minutes. Once sample is dry, close flap. Put spot card along with silica gel into the specimen bag. Store card in a cool, dry location away from direct sunlight until it is shipped.



Step 7

Remove gloves and put all used lancets, gloves, and other materials into the additional biohazard discard bag for transport to the Laboratory.



Step 8







Place all documents along with the two biohazard bags into the bubble mailer. Use the other alcohol pad to wipe the outside of package. Wash hands to prevent contamination.

Mail the package as soon as possible.

SPECIMEN COLLECTION & HANDLING



Please draw and process tubes in the following order:

COLLECTION TUBES	TESTS	INSTRUCTIONS
 <p>SST-GBO 7.0mL SST (Red Cap-Yellow Ring)</p>	<p>VA Tests: All, except those listed with other tubes below.</p> <p>VW Tests: All Zoomer tests (except Gut Zoomer), Food Sensitivity, Complete Food Profile, IBSSure, Total Immunoglobulins, Tickborne, Neural Zoomer Plus, Fungal Antibodies, Egg Component, Peanut Component, Dairy Component</p>	<ul style="list-style-type: none"> • Draw 1st • Fasting: Recommend 10–12 hours (for VA tests only) • Processing: Gently invert tube 8-10 times to mix adequately. Allow to clot standing upright in tube rack for 30 minutes. Place tube in centrifuge. • Centrifuge: 3300 RPM for 20 min <i>*must be spun within 2 hours of draw</i>
 <p>Plasma-BD 3.0 mL Plasma Separator (Light Green) & Transfer Tube (Clear)</p>	<p>VA Tests: Myeloperoxidase (MPO)</p> <p>VW Tests: None</p>	<ul style="list-style-type: none"> • Draw 2nd • Fasting: Not required • Processing: Gently invert plasma separator tube 8-10 times to mix adequately. Centrifuge tube. Pour off plasma into transfer tube. NOTE: Transfer tube must be labeled as “plasma,” along with TWO patient identifiers. • Centrifuge: 3300 RPM for 15 mins <i>*must be spun within 2 hours of draw</i>
 <p>MN-BD Vacutainer™ Trace Element Silicone Coated SERUM 6mL Tube (Blue Top) & TES-Sarstedt™ Metal Free 6mL Transfer Tube</p>	<p>VA Tests: Micronutrient</p> <p>VW Tests: None</p>	<ul style="list-style-type: none"> • Draw 3rd. TWO tubes are required for Micronutrient. • Processing: Gently invert 8-10 times RIGHT AFTER DRAW to mix adequately. Let sit at room temperature for 30 minutes. IMMEDIATELY centrifuge after 30 minute wait. • Centrifuge: 3300 RPM for 15 minutes. • IMMEDIATELY remove blue top from tubes and transfer serum to the clear transport tube with a PIPETTE. Minimum 3-4mL serum is required (atleast half the transfer tube). • DO NOT transfer whole blood on bottom of tube. • Label transfer tube “TES” along with two patient identifiers. (Metal free transfer tube pictured must be used to ensure accurate results) • Recap blue top tubes and send with rest of sample.
 <p>EDTA-BD Vacutainer™ K2EDTA 4mL Tube (Lavender)</p>	<p>VA Tests: Celiac Genetics, HbA1c, CBC w/ diff. and platelets, Reticulocytes, Immature Platelet Fraction, Vibrant Genetics, Micronutrient*, Omega Fatty Acids**</p> <p>VW Tests: All Zoomer tests (except Gut Zoomer), Food Sensitivity, Complete Food Profile, Celiac Genetics, CardiaX, ApoE, Tickborne, Fungal Antibodies, Whole Blood Nutrient Profile</p>	<ul style="list-style-type: none"> • Draw 4th • Fasting: Not required • Processing: Gently invert 8-10 times to mix adequately. • DO NOT CENTRIFUGE • Place all K2EDTAs into provided bubble bag and seal. *MICRONUTRIENT REQUIRES THREE LAVENDER TUBES. **OMEGA FATTY ACIDS REQUIRES ITS OWN LAVENDER TUBE.
 <p>ESR-ESR Vacuum Tube 1.2 mL (Black)</p>	<p>VA Tests: Erythrocyte Sedimentation Rate (ESR)</p> <p>VW Tests: None</p>	<ul style="list-style-type: none"> • Draw 5th • Fasting: Not required • Processing: Must be filled exactly to line on bottom of tube label. Gently invert tube 8-10 times to mix blood adequately. • DO NOT CENTRIFUGE <i>*Locations above 2500 ft. will need to use a high altitude tube (blue label), available by request, otherwise specimen will be underfilled and rejected.</i>
 <p>Urine-Urine Transfer Tube 10 mL (Yellow)</p>	<p>VA Tests: Microalbumin, urine</p> <p>VW Tests: None</p>	<ul style="list-style-type: none"> • Fasting: Not required • Processing: Collect urine sample in a urine cup and transfer to urine tube, by hand or with transfer straw. Samples left in urine cup will NOT be accepted.

SHIPPING

- Draw samples Monday through Friday. We are open to receive samples on Saturday.
- We do not recommend drawing and shipping samples on Saturday, as we are closed on Sunday.
- Pre-freeze your ice packs at least 24 hours before use.
- To schedule a pick-up, please contact Vibrant America.

REJECTION CRITERIA

- Unlabeled or mislabeled tubes (must have 2 patient identifiers, e.g. full name and DOB, and match with requisition exactly, no nicknames or abbreviations).
- Delayed specimen shipping (must ship samples daily).
- Sample arrival at room temperature. Hemolytic, icteric, or overly lipemic samples (test-specific).
- Improperly processed tubes.

SPECIMEN ORDERING & SHIPPING



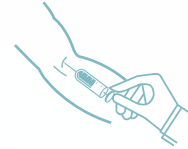
Please follow the instructions below to ensure proper sample processing. Any errors may result in sample rejection or delayed results.

1



Order is **REQUIRED** to be submitted through Provider Portal at www.vibrant-america.com. (Separate instructions apply when ordering online.)

2



Be sure to follow the draw order. Refer to opposite side (Specimen Collection & Handling) for specific drawing instructions

3



Must match exactly with what is on Complete Order Summary form. ***Any missing or discrepant identifiers will result in sample rejection***

4



Place processed tube(s) in the provided biohazard bag. Do not separate tubes into separate bags. Seal completely and ensure samples are secure. Place Complete Order Summary form in the back pocket of biohazard bag.

5

Place FROZEN ice pack(s) on the **BOTTOM** of the styrofoam cooler in your shipping box.

- 1 ice pack for small boxes
- 2 ice packs for medium boxes



6

Place sealed biohazard bag(s) on top of the ice pack(s)

- Max 1 bag in small box
- Max 5 bags in medium box



7

Place FROZEN ice pack(s) on **TOP** of sealed biohazard bags.

- 1 ice pack for small boxes (2 total in box)
- 2 ice packs for medium boxes (minimum 4 total in box)

Additional ice packs recommended for hotter regions



8



Place styrofoam lid on cooler, fill out packing slip and seal up the shipping box. Ensure return label is adhered to box.

8



Please contact us at 866-364-0963, or email support@vibrant-america.com to schedule a pick up.

Thank you!