

## **Dried Blood Spot Testing**

Innovative sampling technique using drops of blood, from a fingertip, dried onto special paper for analysis.



#### **Benefits**

- Great solution when phlebotomy is not an option
- 96% average correlation with liquid venous blood
- More than 40 tests available
- Accurate at room temperature and can be shipped without ice

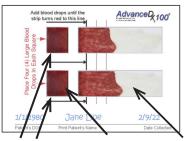
#### Kit Contents

- 2 collection cards,
- 2 alcohol wipes,
- 3 lancets,
- 2 gauze pads,
- 2 bandages,
- 1 blood sample return bag,
- 1 clear plastic bag,
- 1 FedEx Clinical Pak for shipping

#### Collection

4-7 large free-falling blood drops are required in the top and bottom left squares. Blood will migrate from the square to the rectangle. Do not put blood directly on the rectangle.

The illustration below shows how a proper collection looks.



Blood Sample Placement Whole Blood

Serum

Important: Collect top and bottom square on the Dried Blood Spot Card regardless of the number of tests ordered. Tests have been assigned a weighted point value to indicate volume requirements.

### **Ordering**

One sufficiently completed card should yield enough volume for a maximum of 12 points per card. Two cards are included in the collection kit. One order may include a maximum of 24 points. Dried blood spot testing is billable to insurance except for genetics.
87005 CardioMetabolic - Enhanced: TC, LDL-C, sdLDL-C, HDL-C, TG, Lp(a), hs-CRP, glucose, HbA1c, Essential Fatty Acids, Creatinine 15
87019 CardioMetabolic - Advanced: TC, LDL-C, sdLDL-C, HDL-C, TG, apoB, Lp(a), hs-CRP, glucose, HbA1c, Essential Fatty Acids, Creatinine, Uric Acid, HCY 18
87018 Cognitive Wellness: TC, LDL-C, HDL-C, TG, Essential Fatty Acids, HCY, VitD, B12, Folate Suggested add-ons: MTHFR, ApoE genotypes (Patient Pay/Client Bill Only)
87010 Nutrition & Wellness: TC, LDL-C, HDL-C, TG, hs-CRP, glucose, HbA1c, Essential Fatty Acids, Creatinine, Uric Acid, HCY, VitD, B12, Folate (22)

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87011 Men's Wellness: TC, LDL-C, sdLDL-C, HDL-C, TG, Lp(a), hs-CRP, glucose, Essential Fatty Acids, TSH, DHEA-S, SHBG, Total & Free Testosterone (includes albumin), total PSA 23				
85082 Women's Wellness: TC, LDL-C, sdLDL-C, HDL-C, TG, Lp(a), hs-CRP, glucose, Essential Fatty Acids, TSH, DHEA-S, SHBG, LH, FSH 23				
LIPIDS	METABOLIC	HORMONES  DBS 1134 DHEA Sulfate (DHEA-S)	GENETICS PATIENT PAY OR CLIENT BILL ONLY	
DBS 101  ☐ Total Cholesterol (TC)	DBS 401 ☐ Glucose ① DBS 404 ☐ Hemoglobin A1c ①  OTHER  DBS 403 ☐ Albumin ① DBS 607 ☐ B12 ③ DBS 1007 ☐ Creatinine ① DBS 610 ☐ Folate ③	DBS 1122 ☐ FSH ② DBS 1120 ☐ LH ③ DBS 1127 ☐ Testosterone, free (Males only)	DBS 806	
DBS 222   Silect LDL-Cholesterol (LDL-C) 1  DBS 223   SdLDL-Cholesterol (sdLDL-C) 1  DBS 302   Apolipoprotein B (ApoB) 1  DBS 224   Lp(a) 1  DBS 575   Essential Fatty Acids 6		Calculated, includes 3 individual tests below at \$10 each:  DBS 1126	DBS 830	
INFLAMMATION & OXIDATION  DBS 601  hs-CRP	DBS 603  Homocysteine (HCY)  DBS 1009  Uric Acid (UA)  DBS 625  VitD	DBS 1005 ☐ TSH ③  DBS 1112 ☐ PSA, total ②	DBS 884	

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Characterize: Diagnostics that drive reports with color coded test results, interpretations and clinical treatment considerations that help characterize risk, develop insight and communicate more reflectively with patients

Individualize: Diagnostic reports communicate test results into actionable, individualized and easy-to-understand steps which improves patient engagement, health literacy and adherence to treatment plans

Engage: Personalized Nutrition and Life Plan will use the patients' lab results and food preferences to provide personalized and easy-to-follow lifestyle direction so patients can improve their test results and reduce their chronic disease risk.





