

fatty¹⁵

Cellular Strength Test

#3543

At-a-glance

- Fast overnight
- Limit water intake
- Enter collection details online

Considerations

- Abnormal kidney function or use of diuretics may affect results.
- Do not collect if there is blood in urine, including menstrual blood.
- Consult your healthcare provider about stopping medications or supplements.

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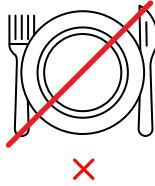


Preparation & Timing

Plan to collect early in the week and ship promptly.



Limit fluids to six 8oz glasses



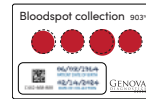
24 hours leading up to collection drink no more than 48 ounces of fluid.

12 hours leading up to collection do not eat or drink anything other than water.

At least 8 hours before shipping place gel pack in freezer.



🕒 2 hours in freezer



🕒 24 hours air dry

Before you collect attach a completed label to the urine tube and bloodspot card.

Wait 1 day after collection before packing and shipping. Keep urine frozen.

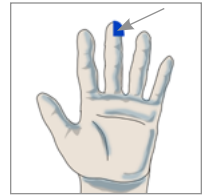
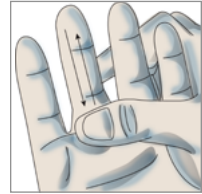
Collect Urine

1. Collect your first morning urination in a clean cup.
If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine in the cup, refrigerate, then combine with your first morning urine.
2. Use the pipette to stir the urine, then fill the clear-top tube.
3. Screw the cap on tightly and shake.
4. Place tube in freezer for at least 2 hours and keep frozen until ready to ship.



Collect Blood Spots

1. Wash hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
 - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
 - Firmly grasp the top knuckle of the middle finger for a few seconds.
 - Hang arm down and gently shake your fingers.
3. Clean the tip of your finger with the alcohol pad.
4. Remove clear cover from the lancet. One end has a small hole in the center; press that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.
5. Using your thumb, gently massage the entire length of the pricked finger to form blood drops. Touch the tip of each drop to a circle on the collection card. Do not smear or touch your fingertip to the card. Continue until blood has soaked to the border of the circle.



YES



NO



6. Continue this procedure until all four circles are filled. If you are unable to get enough blood from the first collection, repeat this procedure with a different finger.
7. Allow the collection card to air dry for 24 hours then place in the biohazard bag with the absorbent silica pack.

Activate Your Test Online

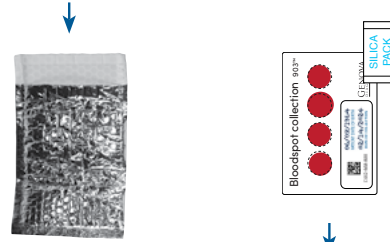


Visit www.gdx.net/activate to provide important information about your collection and receive your **confirmation number**.

Package and Return Your Collection

1. Confirm the urine tube and bloodspot card have a completed label attached.
2. Seal the frozen gel pack and urine collection inside the flex foil bag then place in the biohazard bag.
3. Seal the dried bloodspot card and absorbent silica pack inside the second biohazard bag.
4. Put both biohazard bags inside the collection box along with the label sheet with extra labels.
5. Seal the box inside the FedEx shipping bag, attach the shipping label, and drop off at an authorized FedEx location.

Learn more about return shipping at www.gdx.net/shipping.



urine collection



bloodspot collection

