NUTREVAL FMV AMINO ACIDS SPECIMEN COLLECTION INSTRUCTIONS
CLINICIAN BLOOD DRAW INSTRUCTIONS

The following test(s) can be collected using these instructions:

NutrEval® FMV Amino Acids* #3000

Add-ons available
- Vitamin D #3532
- Genomics a-la-carte SNPs
  - ApoE #5112
  - MTHFR #5111
  - COMT #5106
  - TNF-α #5106

*Not available in New York

CHECKLIST (PRIOR TO SHIPPING)

1. All Tubes
   - Patient’s Date of Birth written on all tube labels
   - All the tubes are tightly closed

2. Blood Tubes - Frozen
   - Amber transfer tube

3. Blood Tubes - Refrigerated
   - Na EDTA or K2-EDTA blue-top tube
   - EDTA lavender-top tube

4. Urine Tubes - Frozen
   - Green-top preservative tube
   - Green-top tube
   - Blue-top Amber transfer tube

5. Swabs (ONLY FOR GENOMICS ADD-ONS)
   - Swabs in the package and in the envelope

6. Test Requisition Form with Payment
   - Test Requisition Form is complete Test is marked, Patient’s first and last name, date of birth, gender, and date of collection are recorded
   - Payment is included or pay online at www.gdx.net/prc

SHIP THE SPECIMEN(S) TO THE LAB
Specimen(s) must be returned in the Genova Diagnostics kit box.
Please refer to the shipping instruction insert found in your kit box.

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### BLOOD COLLECTION

Please collect all tubes in one session. Label each tube with the patient’s date of birth.

**Blood processing note:** Step 3 must be completed within 45 minutes after blood collection.

1. **DRAW BLOOD**
   - Before venipuncture, thoroughly wash the skin area with isopropyl alcohol, using two successive swabs of clean, sterile cotton. **Do not use iodine or mercury-based disinfectants/antiseptics.** Extra cleaning of the skin is important for accurate trace element analysis. **Use only stainless steel needles, with no aluminum or other metal crimp ring.**

2. **DRAW BLOOD**
   - **RED SST TIGER-TOP TUBE**
     - **Clot** for 15 min. while standing in a rack
     - **Centrifuge** 15 min. at 3000 RPM
     - **Transfer** serum to amber transfer tube
     - **DISCARD**

3. **BLOOD PROCESSING**
   - **EDTA LAVENDER TOP TUBE**
     - **Gently invert** 5 times
     - **Do Not Shake**
     - **Refrigerate**
     - **RETURN TO LAB**

**For more details, please visit**
[www.gdx.net/tests/prep](http://www.gdx.net/tests/prep)