



Enclosed: 1. Alcohol Prep Pad 2. Safety Lancet 3. Protein Saver Card 4. Rubber Glove 5. Band-aid 6. Bio Hazard Bag 7. Return Envelope

TO AVOID SPECIMEN REJECTION FOLLOW THESE INSTRUCTIONS COMPLETELY.

Reference illustration below for an example of acceptable (☑) and unacceptable (☒) collection cards.

Collect enough blood so that circle is **completely filled**. Reference chart to the right for amount of circles needed.

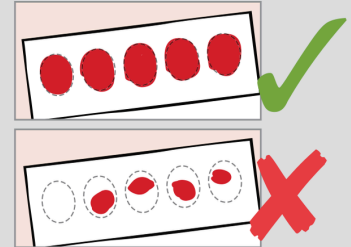
Check backside of card to make sure that the circle is soaked through.

Do not rub or smear.

Do not use heat to assist drying.

FILL THE CORRECT AMOUNT OF CIRCLES

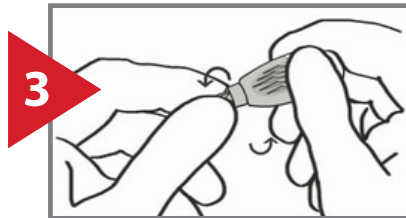
PANEL	# CIRCLES
96 Foods	3
184, Vegetarian Foods	4
205 Foods	7
Candida IgG/IgA/IgM	2
184 Food w/ Candida	5



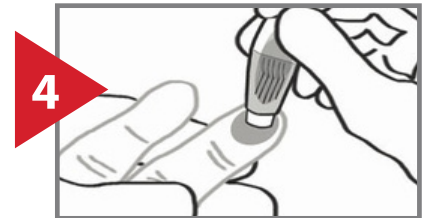
1 WRITE NAME AND DATE OF COLLECTION CLEARLY ON THE PROTEIN SAVER CARD



Identify and clean, (using alcohol prep pad), the desired puncture site (see shaded area).



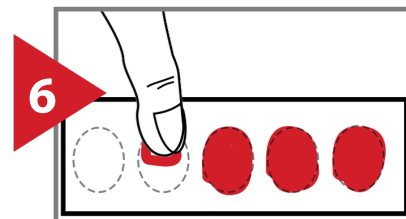
Holding **single use** safety lancet, **twist off the tab** to break the seal and discard cap.



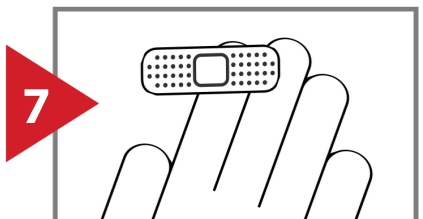
Position and hold the safety lancet firmly against the puncture site.



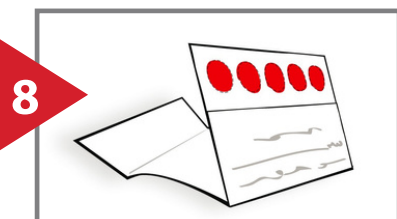
To activate the safety lancet, **press firmly against the puncture site**. Apply pressure to lancet until an audible click is heard.



Allow blood to drip and absorb into the circular pads on the Protein Saver Card. **See above chart for how many circles to fill.**



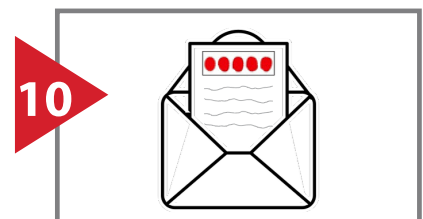
Apply band-aid to puncture site.



Bend the card away from its cover and allow to completely air dry. Place Protein Saver Card into plastic biohazard bag and seal.



Dispose of used supplies responsibly.



"Place biohazard bag into return envelope. Seal and send."