

## Test Details

**Sample Type:** Dry Blood Spot  
**Collection Location:** At Home



The IgG Food MAP with Candida and Yeast analyzes a wide variety of foods, herbs, and spices common in Western, Asian, and Mediterranean diets, as well as Candida and yeast. It assists in the diagnosis of food sensitivities.

## Key Details

- Talk to your healthcare provider if you are taking blood-thinning medications or have a blood clotting disorder.
- **Drink at least 16 oz of water** a few hours prior to collection.
- View collection instructions for successful sample examples
- Ship your sample Monday-Thursday.  
For **international shipments**, ship Monday-Wednesday.

Scan QR code for  
step-by-step  
instructions



## Collection Preparation

- Sit in a quiet place away from pets, dust, cooking, make-up, or other potential contaminants
- **Complete the barcode sheet** from your test kit, affixing a barcode sticker to each sample.
  - Verify that the information is legible and includes the collection date and a matching name for the test order.
  - **Samples lacking a complete name and labels will be rejected.**
- Review included shipping instructions.

### Once Collected

- Avoid touching or smearing blood spots while handling.
- Do not stack the collection card or allow it to touch other surfaces while drying.
- Allow 3 hours for the sample to dry before shipping.
- Keep away from sunlight or heat sources which may affect the quality of the sample.

## Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



**Phone** | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



**Email** | [CustomerService@MosaicDX.com](mailto:CustomerService@MosaicDX.com)



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