

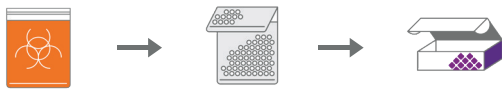
Preparing the Package

1 Complete the information on the barcode sticker and the vial(s) by writing the patient name, date of birth, and collection date. Place the barcode sticker on the vial(s), ensuring information written on the vial(s) is visible. Use blue or black ink from a ball-point pen – do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

2 Place all vial(s) in the sleeves, and then place the sleeve and frozen ice pack (if included) into the clear biohazard zip lock bag and seal.



3 Place biohazard bag into the silver thermo bag (for Amino Acids place in styrofoam insulation shell) and place that into the test kit box and close the lid.



Locate the shipping instruction card for details on how to ship.

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



Collection Instructions: Serum/Whole Blood/Plasma Red Blood Cells (RBC)

Your practitioner has recommended this test for you. You'll need to schedule an appointment with a phlebotomist, but the process only takes a few minutes once started. We're here to help every step of the way.

Schedule Your Blood Draw

We recommend scheduling your phlebotomist appointment between Monday and Thursday (outside the US schedule Monday or Tuesday). If you need help finding a phlebotomist in your area, we first recommend contacting your practitioner. You can also find a list of recommended draw services at www.mosaicdx.com/general-blood-draw-services.

Test Kit Contents

Start by identifying these elements of your test kit.

If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Test kit box



Clear biohazard zip-lock bag



Pipette(s)



Absorbent packing sheet



Shipping laboratory pak



Tube sleeve(s)



Specimen tubes
(specific to your test order)

Included if required for your specific test order



Silver thermo bag



Ice pack
(place flat in freezer immediately)

For online instructions use the QR code or visit mosaicdx.com/resources



Preparing For Your Test

Be sure to drink lots of water. We recommend hydrating 24-48 hours before your phlebotomy appointment.

Unless mentioned below, there are no specific dietary restrictions for testing.

Metals – Toxic + Nutrient Elements – Whole Blood or Red Blood Cell Test:

An overnight fast is required. It is recommended that the blood be drawn before breakfast after the overnight fast.

Please refrain from taking non-essential medications and dietary supplements that contain minerals for 72 hours before the blood draw, unless otherwise instructed by your healthcare practitioner.

Amino Acids Test:

An overnight fast is required for this test.

For 48 hours prior to the specimen collection:





- Discontinue taking any amino acid dietary supplements and/or amino acid metabolites such as GABA, 5-HTP, and creatine.
- Do not consume artificial sweeteners containing aspartame such as NutraSweet®, Equal®, etc. Consumption of these products can cause false elevations of reported amino acid results.
- Your healthcare practitioner may or may not tell you to discontinue using other dietary supplements or medications.

Your test results will be delivered to your practitioner within 5 to 10 business days after the sample(s) are received at Mosaic Diagnostics.

It will be up to your healthcare practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.

For the Phlebotomist Only

- This kit may contain up to 5 different vial types. Please fill all vials provided.
- Check expiration dates on the vials before the draw.
- Ensure vials and barcode labels are completed with patient name, birthdate, and date of collection.

Tube/Volume	Test (#tubes)	Phlebotomist Instructions
 Gold SST Tube 2 mL min.	IgG Food MAP (1) IgE Food Allergy Basic (2) IgE Food Allergy Adv. (3) IgE Inhalant Basic(2) IgE Mold Allergy (1)	Draw blood into tube(s) and allow to clot upright at room temperature for 15-30 minutes. Centrifuge for 15 minutes at 1500g and immediately pipette serum into the transport vial. Tightly seal cap. Freeze transport vial until shipment.
 Red Topped Tube(s) (no gel) 2 mL min.		
 Royal Blue Top with EDTA (blue label) no transport vial necessary. 2 mL min.	Metals Toxic + Nutrient Elements Whole Blood (1)	Draw blood into tube(s) to fill. Invert 10 times to ensure mixing. Tightly seal cap. Refrigerate until shipment.
	Metals Toxic + Nutrient Elements RBC (2)	Draw blood into tubes to fill. Invert 10 times to ensure mixing. Within 30 minutes of blood draw, centrifuge tubes for 15 minutes at a minimum of 1500g. Use the pipette to remove and discard all the plasma, including the white buffy layer. Tightly seal cap. Refrigerate until shipment.
 Lavender with EDTA 4 mL min.	Amino Acids Test (1)	Draw blood into the tube and invert 10 times to mix. Within 30 minutes, centrifuge at 1500g for at least 10 minutes. Pipette plasma to the 2mL line on the transport vial. Tightly seal cap. Freeze transport vial at least 6 hours. Store frozen until shipment. Sample must be received within 48 hours of collection.

See next page for package preparation