

Test kit: Micro nutrients

ORY ANALYSIS – BLOOD SPOT



Vital substances under the microscope

Feeling healthy and powerful is actually our basic state of being. In addition to water and oxygen, the basic nutrients that are essential for a variety of bodily functions include macronutrients and micronutrients. Macronutrients can be further divided into carbohydrates, proteins and fats. They provide our body with energy and provide it with the building blocks for the structure of our

cells, tissues and organs. Micronutrients primarily include vitamins, minerals and trace elements. They perform various functions in the human organism. Nutrients must be supplied daily in sufficient quantities through a balanced diet. A nutrient deficiency always occurs when our body is not sufficiently supplied with certain nutrients for various reasons and over a longer period of time.

Causes:

- unbalanced diet
- vegan or alternative diets
- pregnancy and breastfeeding
- old age
- intensive sports activity
- permanently high stress factor
- disturbance of the absorption & utilization
- alcohol and nicotine consumption
- intake of medication

Possible symptoms:

- Pallor
- Fatigue & feeling of weakness
- Muscle and limb pain
- Headache
- Lack of concentration
- Nervousness
- skin, hair and nail problems
- torn corners of the mouth
- bleeding gums

TEST INSTRUCTIONS:



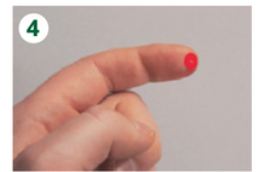
CHECK

- Requirement sheet + instructions for execution
- 1 x disinfection wipe 1 x plaster
- 2 x lancets (1x reserve) + 1 x pipette
- 1 x desiccant + 1 x protective cover
- 1 x sample carrier + mailing box



TEST INSTRUCTION

- Take the disinfectant wipe and disinfect the tip of the finger with it.
- Hold the lancet as shown in the picture. Turn the blue protective cover once around its own axis and pull it off.
- Place your hand on a firm surface. Hold the lancet between your index and middle finger and place it vertically on the tip of your finger. Now press firmly on the white button with your thumb. Please discard the first drop, as this contains a particularly large amount of tissue fluid.
- Hold your hand horizontally at waist level and massage your finger from the bottom to the puncture site until a large hanging drop of blood forms.
- Move the pipette to the side of the drop of blood and wait until the blood has completely drawn up to the white band.
- Now place the contents of the filled pipette by pressing the white plunger completely in the center of one of the pre-punched fields (depending on the requirement for serotonin, fatty acids or, for all other tests, on a free field) and allow the filter to dry for at least 45 min.



PACKING AND SHIPPING

Afterwards, please put the Bloodspot into the foil packaging and send it together with the completely filled out request form in the shipping envelope to the laboratory. The shipping envelope does not need to be stamped.



Done! You will receive an e-mail when your results are available.