



Gut Barrier Panel Instructions: Fingerstick Collection, Shipping and Reporting

Please ensure your requisition form is completed and returned with your sample.

Gut Barrier Panel Instructions

1

Wash hands. Continue to run hand under warm/hot water and massage to create blood flow. Make sure you are hydrated; drink water 10-20 minutes prior to sample collection.



2

Clean the site with the provided alcohol swab and allow to air dry.

3

Use the side of the fingertip on either the middle or ring finger. Do not use the center pad of the finger - it is the most sensitive area.



4

Position the lancet provided over the sterilized area and press firmly against your fingertip. Discard the lancet after use. Gently massage your hand moving towards the puncture site to create blood droplets.



5

Fill each circle on the provided collection card with blood. It is important to *completely fill each circle* to ensure enough sample can be obtained to properly administer the test. ****At least 3 spots must be filled to run the panel.**

6

Label the collection card with name and date of collection. Wait 20 minutes until the blood has dried completely on the card before placing it inside the provided biohazard bag, sealing it and placing it inside the provided return envelope.

7

Ship the sample and completed requisition form in the provided pre-stamped envelope to: KBMO Diagnostics:
4 Business Way
Hopedale, MA 01747

8

KBMO Diagnostics will analyze the sample and send the report to the Life Extension in 7 to 10 business days *after the receipt* of the sample.

**For instructions please watch this short video at the link below:
<https://kbmodiagnostics.com/bloodspot-tutorial-video/>**

For general support/ questions please contact Life Extension:

Phone: 800-544-4440

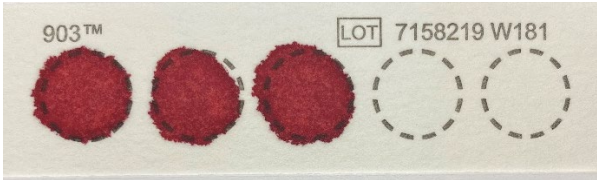
Email: bloodlab@lifeextension.com

Website: www.lifeextension.com

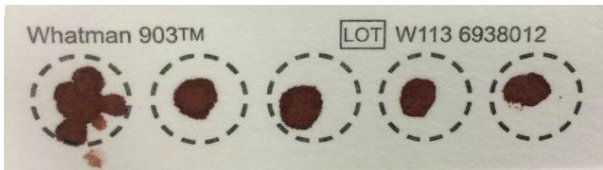
Acceptable Blood Spots Vs. Unacceptable Blood Spots

Instructions:

Acceptable Sample: Below is an example of the blood spots required for using this test, with three circles completely filled. Once completed, your blood spots should match as closely as possible to the image below.



Unacceptable Sample: Below is an example of an unacceptable blood spot card. If the circles are not completely filled, then we do not have enough blood to run the test. A sample that looks like this would be rejected, and a new sample would need to be sent in.



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