

# Results

Your healthcare practitioner can expect to receive results 1-2 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**

**Blood EDTA**  
specimen collection  
instructions

# Before you start

## Check the contents of the test kit

- 1x EDTA (purple) vacutainer tube
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Foam tube holder
- 1x Ice pack
- 1x Biohazard specimen transport bag
- 1x Padded envelope
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

# This kit can be used for any of the following tests

- AA : EPA ratio (Red Cell) (5002)
- Essential Fatty Acids (Red Cell) (5011)
- Homocysteine (4007)
- Magnesium (Red Cell) (5017)
- MTHFR Genetic Test
- Oxidative Damage Marker - AGE Proteins (Carbonyl Proteins) (Red Cell) (4020)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient  
information and payment options.*

## To ensure we can provide accurate results

- Do not eat any food 12 hours prior to the blood draw (i.e. you should be fast-ing). You may consume water. Take morning medications after the blood draw if possible
- Your healthcare practitioner will tell you whether or not to discontinue any drugs or activities that may interfere with the test

## Specimen Collection

- Ask the medical practitioner or nurse to collect a blood sample from you in the EDTA tube provided
- Pack the sample in the transport cylinder and send back to Age Diagnostic Laboratories (ADL) as described in the 'Returning Your Specimen to ADL' section below.

Do not transport blood on Fridays or before holidays.

**Keep it refrigerated instead.**

## Returning your specimen to Age Diagnostic Laboratories

- Put the vacutainer tubes in the foam tube holder provided
- Put them into the sealable section of the biohazard specimen transport bag supplied
- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the padded envelope provided
- Place the ice pak into the padded envelope provided
- Place the padded envelope into the Fedex clinical pak
- Send the package to Age Diagnostic Laboratories using Fedex

*If you are outside of the USA return specimen as per the  
instructions from your local ADL agent (if applicable).*