



Food Sensitivity Lab Instructions



Forms & Paperwork

- Complete all forms included in the test kit

Collection: How to Complete this Lab

- Use the lancet and push down on the top pad of your ring finger
- Hold your hand below your heart and allow the blood drops to hit the middle of the circle you are trying to fill
- Do not allow finger to touch the paper (just the blood drop)
- Continue to allow blood to drop in the middle of the circle, allowing it to spread and fill the circle completely. Fill all circles on the card.
- If needed, massage down your finger, moving blood towards the tip, squeezing gently
- Allow blood spot card to dry for 30 minute before mailing

Mailing Sample

- Place all forms and blood spot card in the pre-paid
- **International samples:** You are responsible for arranging shipping and associated costs back to the lab. Please contact your local post office to find the most appropriate way to send internationally (tracking recommended)
- Blood spot samples are viable for 45 days

Lab Contact Info

- **Shipping Address:**
The Great Plains Laboratory, Inc.
11813 West 77th Street
Lenexa, KS 66214 USA
- **Phone:** Toll Free (USA, Canada, and Puerto Rico): 800-288-0383
- **Email:** customerservice@gpl4u.com

Further Instructions

- If you misplace the instructions included in the lab kit or would like more details please visit the following page and select “IGG Food Allergy Test -DBS” <https://www.greatplainslaboratory.com/new-collection-instructions>

Follow Up Appointment

- Once you have mailed in your lab sample please email scheduling@cabralwellnessinstitute.com to set up your follow up appointment to review your results and new wellness recommendations.
- Results are typically ready after 3-4 weeks once samples have reached the lab (international samples may take up to 2 weeks to arrive at lab)