



Omega-3 Lab Instructions



Forms & Paperwork

- Complete all forms included in the test kit
- Be sure to write the Sample Number (SN#) on your blood spot card (if not already filled in)

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 folding over and mailing

Mailing Sample

- Place all forms and blood spot card in the pre-addressed envelope with a postage stamp and place in mailbox
- International samples: please visit your local post office to find the most appropriate way to send internationally. (we recommend sending with tracking)
- Blood spot samples are viable for 45 days

Lab Contact Info

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| • Shipping Address:
Lipid Technologies, LLC
PO Box 216
Austin, MN 55912 | If you cannot send to a PO Box, please use the following address: |
| • Phone: (507)438-7472 | Doug Bibus
1600 19th Ave SW |
| • Email: Info@LipidLab.com | Austin MN 55912 |

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)