

# THE HOLMAN OMEGA-3 TEST™

PLEASE READ THOROUGHLY PRIOR TO STARTING.  
8 HOUR FAST RECOMMENDED BUT NOT REQUIRED.

## STEP 1. Check Your Kit Contents

Your kit should contain:

- 2 lancets (one extra if needed)
- 1 DBS blood collection card
- 1 alcohol swab
- 1 adhesive bandage
- 1 gauze pad
- 1 return mailing envelope



## STEP 2. Provide Your Information

(please print clearly)

- Please read, sign, and date the Consent for Release Information on the test card.
- Please provide your information as requested on the back of the test card.
- fill out patient testing card

## STEP 3. Rinse Hands

1. Rinse hands in warm tap water.
2. Choose the designated fingertip; clean with the alcohol swab provided.
3. Allow the area to dry.



## STEP 4. Stimulate Blood Flow

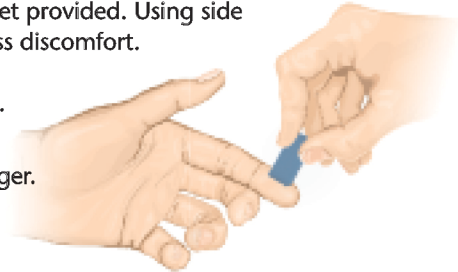
Stimulate blood flow to the selected finger by letting your hand hang at your side for 15–20 seconds. Shake your hand back and forth several times.



## STEP 5. Apply Lancet to Finger

Note: Use ONLY the lancet provided. Using side of fingertip may cause less discomfort.

1. Remove the clear cap.
2. Place palm up and position lancet on finger.
3. Press down on lancet to puncture finger.
4. Wipe off the first blood drop with the alcohol pad.
5. Squeeze your finger to express blood drops.



The single-use lancet needle retracts immediately after sampling, leaving the device safe for immediate disposal in household trashcan. Please DO NOT return the lancet with the sample.

## STEP 6. Sample Collection

1. With proper application, blood drop will freely collect on fingertip.
2. Place a large free-flowing drop of blood on each circle.
3. If blood flow stops, wipe with alcohol pad again to assist blood flow.
4. A minimum of 3 bloodspots (circles) are required to properly run the test. Completely fill all four spots if possible.



### CORRECT



### INCORRECT



## STEP 7. Let Blood Spot Samples Dry

Let the blood spots air-dry for at least 30 minutes. Make sure specimen is dry prior to mailing. Fold over protective flap to cover blood spot when dry.

## STEP 8. Mailing Instructions

Within 24 hours of collection, place the dried collection card into the return-shipping envelope provided. Place completed Release Form into the envelope. Seal, add postage stamp, and mail.