



- Read complete instruction enclosed in test kit
- Before you start your test, please ensure that all of the necessary equipment is ready to use. This is because the longer you take to do your test, the less likely you are to get the right amount of blood
- Drink plenty of water before you complete your test. Being well-hydrated allows your blood to flow onto the spot card easier.
- Please **do not** attempt to complete your test if you have taken part in any strenuous activity or exercise beforehand.
- Having a hot shower before you complete your test may help you collect the required blood sample.
- It is recommended that you complete your test in a warm room.

Global Testing / Healthy Stuff Online Ltd. Blood-spot Test Kit

The Prime 110 kit is a screening test for allergies and sensitivities/intolerances. It is used to accurately identify specific antibodies in human capillary blood. Our convenient, pain-free blood collection process is designed to be easily completed at home.

What is in your test kit?

- 1x alcohol wipe
- 1x plaster
- 1x absorbent pad
- 1x five spot blood card
- 2x lancets CE 0124 (pin-prick system)
- 1x return USPS envelope, addressed to: Health Stuff Online LTD, 870 N. Miramar Ave., Indialantic, Florida 32903 US
- Test Kit Instructions

Blood Submission Card: You will need to fill-in the name of the person who is being tested and check off the box.

Everything else has already been filled in.

Blood Spot Collection Card: Fill-in the name of the person who is being tested and the date the sample was collected.

Place your completed, dried blood spot collection card into the enclosed return envelope with your filled out blood submission card, Then close the envelope carefully and immediately post it back to our lab.