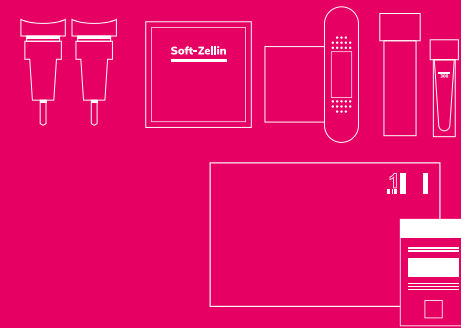


## What your test contains



- 1x alcohol wipe
- 1x plaster
- 1x gauze/absorbent pad
- 1x transport tube
- 1x microvette 300 µL (sampling tube)
- 2x lancets CE 0344
- 1x return envelope
- 1x activation card with adhesive label

## Information about your test

### IMPORTANT INFORMATION

For best results, we recommend collecting your sample on **Monday to Tuesday** – and post it on the same day it was collected (within 24 hours; please consider any public holidays).

### Please note:

We can only analyse your blood sample after you have activated your Test ID and Online Order Reference Code. (Further details can be found in the instructions or at [www.lifelabtesting.com/help](http://www.lifelabtesting.com/help))

IVD	In vitro diagnostics	1	Contains 1 kit
	Read the instruction before taking the sample		Manufacturer
	For single use only		Expiration Date
	Store at a temperature between 2°C and 30°C		Batch Number
			Order Ref

### GENERAL INFORMATION

- Please read these instructions carefully before you begin
- Please don't take your blood sample immediately after strenuous exercise
- If you have any difficulties taking your blood sample (or if the kit is incomplete), please contact our Customer Service Department. They always treat such matters confidentially
- This is a blood sample kit for self-testing. Please ensure your blood sample is at least 300 µL volume
- We encourage you to return the test kit packaging to us for recycling

### CONTAGIOUS ILLNESSES

Do not use this kit if you suffer from a blood-borne contagious illness such as hepatitis or HIV.

### WARNINGS

- Store this kit out of reach of children
- This kit is for the use of people aged over 5 years; under 16s should be supervised by an adult
- If you're pregnant or breastfeeding, please consult your doctor before using this kit. The lancets are exclusively for your own use.
- If you suffer from a congenital or acquired blood-clotting disorder or are taking anticoagulant medication, please consult your doctor before using this kit
- The included lancets are exclusively for your own use

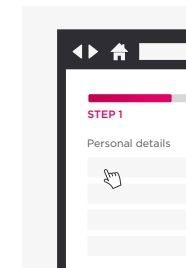
If you have any questions, please send us an email at [help@lifelabtesting.com](mailto:help@lifelabtesting.com) or visit our website to find out more: [www.lifelabtesting.com/help](http://www.lifelabtesting.com/help)

## Instructions



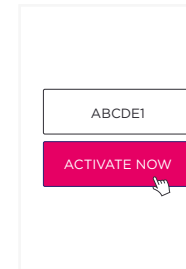
### STEP 1

Before we create your results report, you must visit [www.lifelabtesting.com](http://www.lifelabtesting.com), to activate your test online.



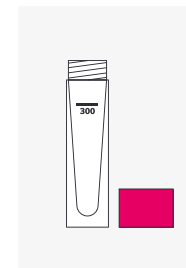
### STEP 2

At the 'Activate Test Kit' page, you will need to either create an account or login to your existing account to activate your test – then follow its progress.



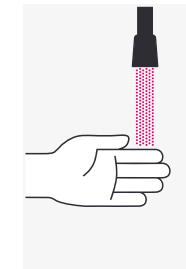
### STEP 3

To activate your test, you must enter your **unique Test ID Code** found on your Activation Card plus your Online Order Reference Code. Confirm by clicking 'Activate Now'.



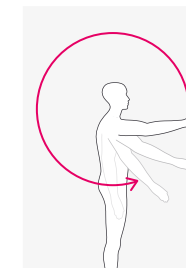
### STEP 4

Open the blood collection tube and place it on a flat surface. Ensure that it is positioned upright and steady.



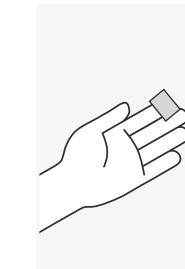
### STEP 5

Hold your hand under warm water for **at least one minute** to stimulate blood circulation then carefully dry your hand with a towel.



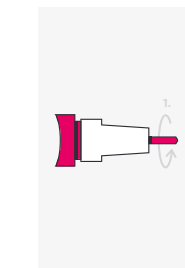
### STEP 6

Stand up and swing your arm around in a circular motion 5-10 times, with your arm fully extended if possible. This helps stimulate blood circulation. Continue standing until you've finished taking your sample, if possible.



### STEP 7

Remove the provided disinfectant cloth from its film and use it to disinfect the entire tip of your index or middle finger. Wait approximately 15 seconds for your finger to dry. **TIP: your middle finger is usually the most suitable.**



### STEP 8

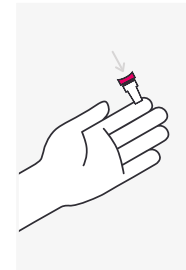
Hold the lancet horizontally (as shown). Rotate the yellow protective cover one full turn then carefully remove it. **CAUTION: Do not use a lancet with a loose or missing protective cover.**

The Complete Intolerance Test is a postal sampling kit of a screening test for possible dietary intolerances. This test is used to accurately identify specific IgG<sub>4</sub> in human capillary blood. Our convenient, pain-free blood collection process is designed to be easily completed at home.

**Manufacturer:**  
**Lifelab Testing**  
PO Box 8321, Derby,  
DE74 2BW, England.

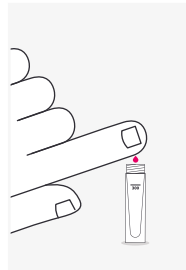
help@lifelabtesting.com  
www.lifelabtesting.com

## Instructions



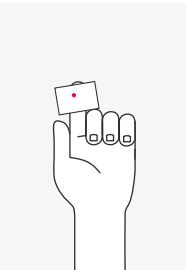
### STEP 9

Place your hand on a stable surface. Hold the lancet (as shown in the diagram) diagonally against the tip of your selected finger. Press firmly with your thumb on the yellow button (which can only be pressed once).



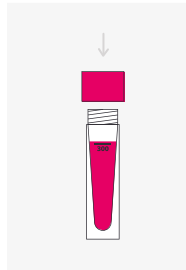
### STEP 11

Stand the blood collection tube upright. Place your finger diagonally at its rim, so the blood can run into it. Continue massaging your finger to produce enough blood flow. This may take several minutes.



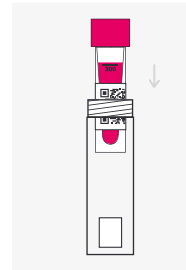
### STEP 13

After collecting your blood sample, press the swab firmly against the location of the bleeding to stem the blood flow.



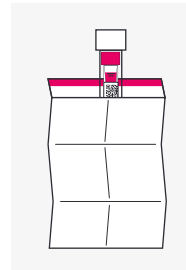
### STEP 15

Use the cap to securely close the tube by pressing it firmly until the cap clicks into place. **Shake the tube well.**



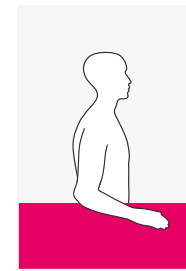
### STEP 17

Slide your filled blood collection tube into the larger transport tube. **Please avoid removing the absorbent felt.**



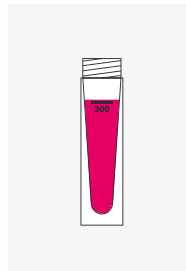
### STEP 19

Place your filled blood sample transport tube into the enclosed return envelope. Close the envelope carefully – and immediately post it back to our lab. **TIP: If you return your box with your test we will recycle the box for you.**



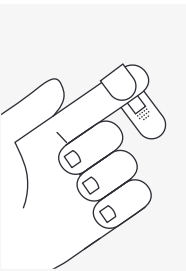
### STEP 10

Keep your hand horizontal at hip height (while standing at the edge of a table, for example) and massage your finger from the palm of the hand to the fingertip until blood droplets form.



### STEP 12

**Finish taking the sample only when the mark (30 µL) has been reached (otherwise the sample cannot be analysed).** Gently tap the tube several times on the table, so that the blood runs downwards.



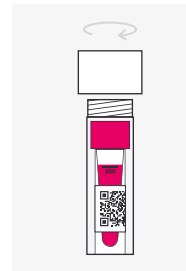
### STEP 14

When the bleeding begins to slow, apply the plaster to the puncture



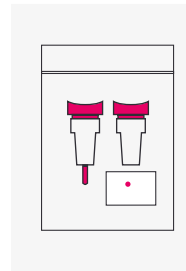
### STEP 16

Remove the adhesive label from the Activation Card and affix it to the filled blood collection tube - **NOT to the transport tube.**



### STEP 18

Seal the transport tube securely into place with its screw-top lid.



### STEP 20

Place the used equipment parts in the provided clear plastic bags. Dispose of them in your household waste. **NB: The test's packing and paper information inserts are all fully recyclable.**