

TRUDKIT

TruAge Epigenetic Test

TRU DIAGNOSTIC

THE PROCESS

- The blood sample can be collected on **any day**
- This is not a fasting test. **Eat your usual diet** before the test
- **Read** the instructions in the collection kit
- Locate your kit's unique ID code **found inside on the box** (NOT on the plastic zip seal bag). Use all 3 codes to form the full 16 digit code.
- Prior to posting complete the online registration and questionnaire using the above code here bit.ly/TRUDIA or use QR Code
- Please mention to your practitioner if you are taking blood thinning medication or have a clotting condition



Write down barcode number for future reference.



NOTE: The bloodspot card is located behind the barcodes.

BLOOD FLOW TIPS

20 minutes prior to taking your sample:

- Move your body to get your blood pumping
- Warm your hands by rubbing them together
- Rub the finger you will use to stimulate blood flow
- Drink 2-4 glasses of water
- Ensure your hands are warm



READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

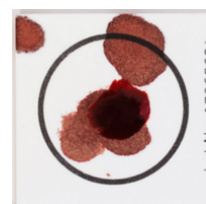
Ensure sample is collected correctly.
The lab charges a \$50 retesting fee for incorrect samples

COLLECTION TIPS

- Do not touch the test circles - this will contaminate the sample and result in a re-test fee
- Do not place more blood on the card once dry
- You must fully fill the circle on the collection card
- Twist the lid off the lancet and prick your finger
- Wipe away the first drop of blood with the gauze pad
- Fill the circle on the blood spot card completely. It is okay for the blood to extend beyond the lines



Do not touch the card



Do not add drops on top of others

POSTING

- You will need to send your samples to the lab using the postage satchel provided
- Samples must be completely air dried before posting
- Ensure your requisition form is filled out and is sent with your sample
- Post within 1-2 days of completing
- DO NOT fold blood spot card
- DO NOT mail the blood spot card without the biohazard bag



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