

VITAMIN D TEST

SELF-TEST FOR ANALYZING VITAMIN D STATUS IN THE BLOOD



PRODUCT HIGHLIGHTS

Vitamin D Test is a confidential, laboratory analyzed dried blood spot test that reveals current status and help to customize nutritional needs of vitamin D. It is quick and simple to take and the vitamin D status result is summarized in easy-to-understand graphics.

Taking the test will give you insights on your vitamin D-levels and you will be provided with customized recommendations on how to maintain or improve your levels. It is recommended to take the test every 120 days to monitor your status and adapt your intake and lifestyle according to seasonal variations.

KEY BENEFITS

- ▶ **Measures vitamin D status**
- ▶ **Quick and easy**
- ▶ **In-depth knowledge**
- ▶ **Track your progress**
- ▶ **Anonymous test results from independent laboratory**

SHINE A LIGHT ON YOUR HEALTH

Zinzino's Vitamin D Test is an easy self-test for analyzing the vitamin D levels in capillary blood obtained from a fingertip using a Dried Blood Spot (DBS) technique. A DBS is scientifically proven to be as accurate as a venous blood sample when vitamin D status is to be analyzed. All it requires is 1 to 2 drops of blood from the fingertip on a Whatman® filter paper and it takes less than a minute to complete.

VITAS Analytical Services in Norway will analyze your current vitamin D status and the result is anonymous. The status can vary throughout the year depending on sun exposure, diet where you live, and food supplementation. Therefore the recommended test interval is 120 days.

Using your personal test ID you will get in-depth personalized recommendations based on your vitamin D status in order to optimize it.

HOW DOES IT WORK?

1. Take your test

Start by simply pricking your finger and putting 1–2 drops of blood on a filter paper.

2. Activate your test

Register your test by entering your test ID and filling out the form. All data is anonymous.

3. Start your journey

Benefit from a clear starting point for your journey to a normal functioning immune system. Gently adjust and maintain your optimal vitamin D status throughout the year.

4. Wait for the analysis

Vitas Analytical Services has more than 25 years of experience with cutting-edge knowledge and technology, which guarantees that they analyze your sample independently and protect your privacy.

5. Get your results

Your results are accessible and shown in our easy-to-understand graphics within 10-20 days.

6. Re-test your levels

Vitamin D uptake from sun exposure varies in many parts of the world throughout the year, and restoring your status generally takes 3–4 months of consuming vitamin D supplements, depending on the dose and your individual status. We recommend taking a new test every 4 months to track your progress and ensure you reach and maintain your optimal vitamin D status.

WHAT WE MEASURE

There are different methods to assess stores of vitamin D in your body and we use best practice to ensure our accuracy of analysis is superior. A 25-hydroxyvitamin D test is the best way to monitor vitamin D levels as it measures the 25(OH)D, also called calcidiol, in your blood.

The test reflects all three sources of vitamin D; from food, supplements and skin synthesis, and determines if your vitamin D levels are optimal, too high or too low.

The normal range of vitamin D is measured as nanograms per milliliter (ng/mL) or nanomoles per liter (nmol/L). Nmole/L is the most common way of showing the vitamin D status. However, in the US, and a handful of other countries, the same levels are measured using ng/mL. Therefore, when the test results are presented, it is possible to select which measurement unit to be shown.

INDEPENDENT LABORATORY

Vitas is a GMP-certified chemical analysis contract laboratory and recognized as a leading player within modern use of dried blood spot testing. They have 25+ years' experience in providing high quality, custom chromatographic analytical service based on cutting-edge knowledge and technology. It originates from the Department of Nutrition, Institute of Basic Medical Sciences, University of Oslo, the largest department of nutrition in Europe.

CERTIFIED TEST KIT

The Zinzino Dried Blood Spot Test is certified to comply with the European regulation 98/79/EB on in vitro diagnostic (IVD) medical devices. This means the test and all its components are in compliance with applicable laws and regulations, and so the Kit has the CE mark on it.

TAKING THE TEST

1. Zinzino Test is an approved in vitro diagnostics product for personal blood sample collection at home.

- First wash your hands with soap and rinse well with warm water and dry them.

2. Take out the **sample card** from the paper envelope.

Save the envelope for later use.

Tear off the **SAVE** part on the sample card and take a picture of the test ID. You can **only** see **your** test result with your anonymous test ID. Place the card with the two circles facing up on the table.

3. Stimulate blood flow by making big circles with your arm or shaking the hand downwards for 20 seconds.

4. Take out the single-use lancet. Remove the transparent safety cap and the lancet is ready to use.

Use the alcohol wipe to clean the tip of your finger (middle finger is recommended).

Place the lancet against the **lower** part of the fingertip facing the collection paper on the table. Push the top of the lancet towards the finger until you hear a click. The lancet will automatically make a small prick in the finger.

5. Do not touch the filter paper with your fingers.

6. Fill one circle at a time with blood. Squeeze your finger gently and wait for a drop of blood to fall inside the circle by itself. If one drop of blood does not cover the circle, allow one more drop from your finger to drip immediately.

Leave the **sample card** in a horizontal position at room temperature for at least 10 minutes for the samples to dry well.

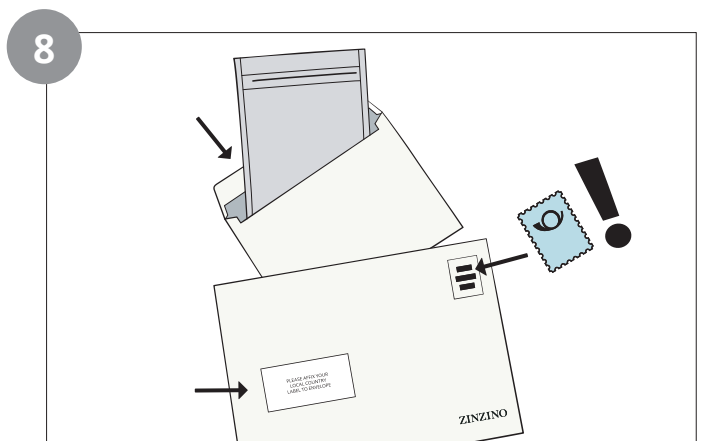
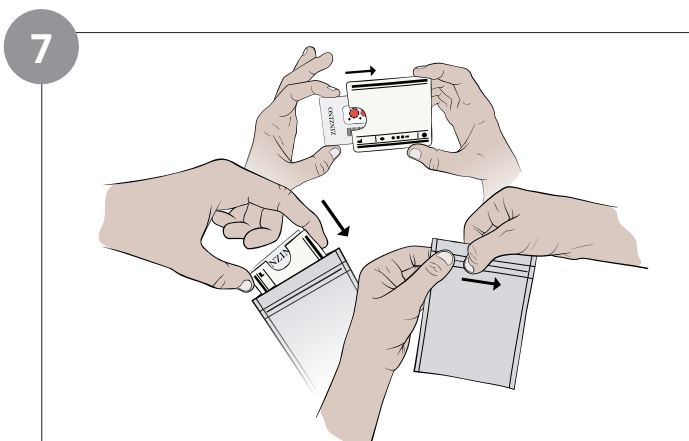
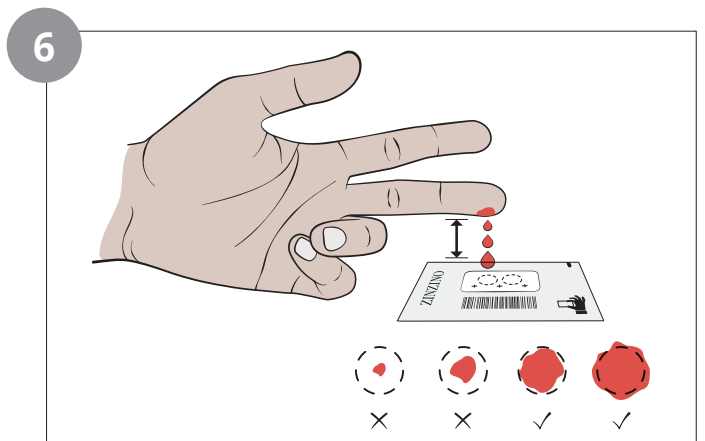
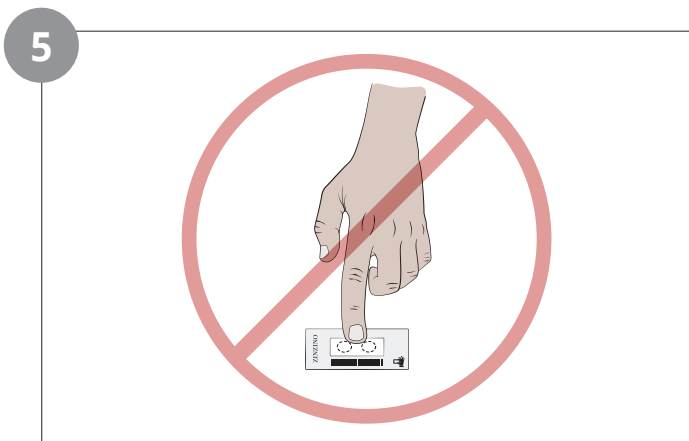
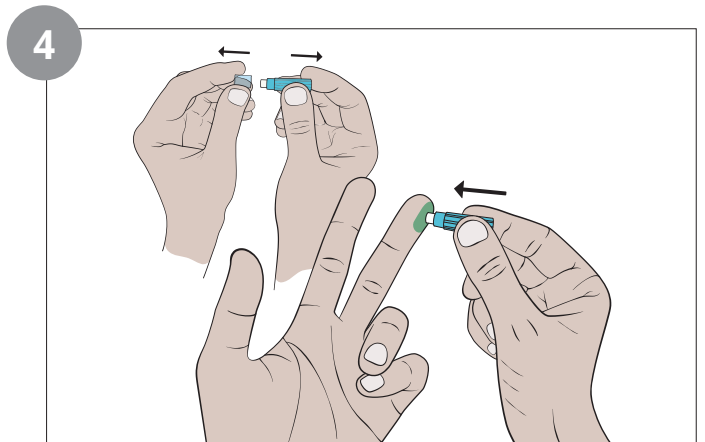
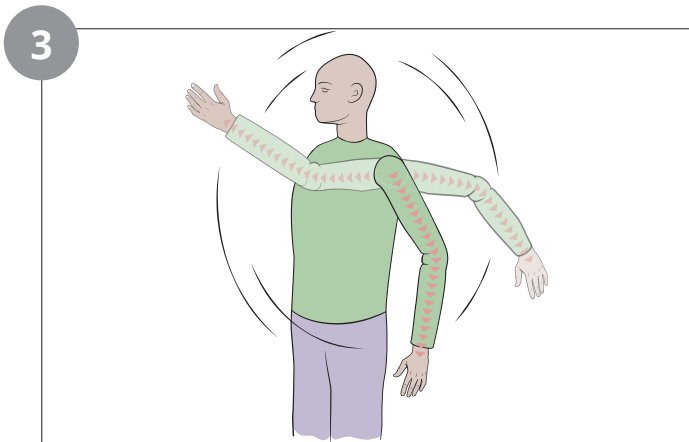
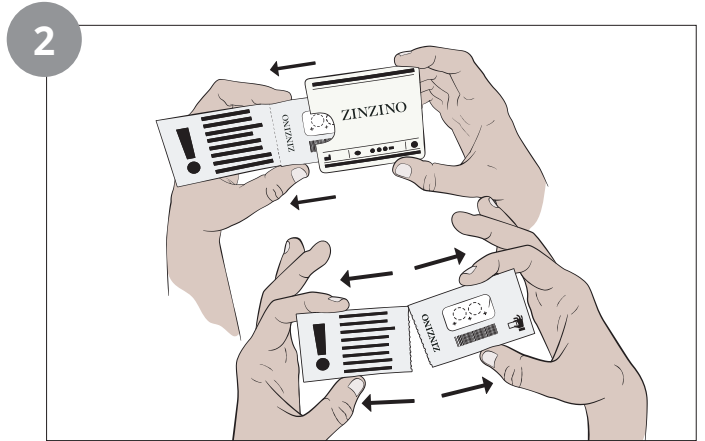
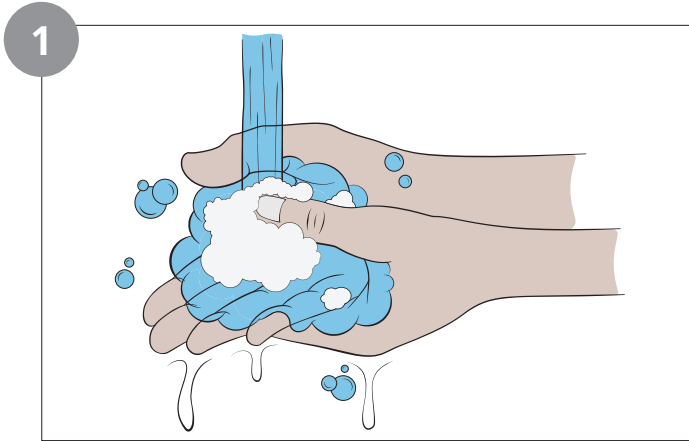
7. Insert the **sample card** back into the paper envelope. Then place the paper envelope into the metal bag and **close it**.

IMPORTANT: Do not remove desiccant packet inside the metal bag.

8. Place the closed metal bag into the white envelope. Select one of the address labels to where you want to send the test and affix it on the white envelope. **NOTE!** You **must** put the correct amount of postage stamps on the envelope before you put in the mail box.

Register your test code on **www.zinzinotest.com**. This is the web page where you can see your test result later. It takes 10-20 days until your result is ready.

IMPORTANT: Keep the **SAVE** part of the card. You can **only** see **your** test result with your anonymous test ID.



VITAMIN D TEST

用于血点测试血液中维生素 D 状态的自我检测



产品亮点

Vitamin D Test 是一项保密的实验室分析干血点检测，可揭示当前的维生素 D 状态，并有助于定制维生素 D 的营养需求。该检测快速简便，维生素 D 状态结果以易于理解的图形进行总结。

您可以通过参与检测了解自己的维生素 D 水平，并获得关于如何维持或提高维生素 D 水平的定制建议。建议每 120 天进行一次检测，以监测您的状态，并根据季节变化调整您的摄入量 and 生活方式。

主要益处

- ▶ 检测维生素 D 状态
- ▶ 快捷方便
- ▶ 深入了解
- ▶ 跟进身体改善进度
- ▶ 来自独立实验室的匿名检测结果

关注您的健康

Zinzino 的 Vitamin D Test 是一项简易的自我检测，使用干血点采样 (DBS) 技术分析从指尖获得的毛细血管血液中的维生素 D 水平。经科学认证，DBS 在用于分析维生素 D 状态时，具有与静脉血样本同等的准确度。只需 Whatman® 滤纸上的 1 至 2 滴指尖采血，不到一分钟就可完成采样。

挪威的 VITAS Analytical Services 将分析您当前的维生素 D 状态，结果将会保持匿名。这种状态在一年中可能会因阳光照射、您居住地的饮食和营养补充情况而有所不同。因此，建议的检测间隔为 120 天。

您可以使用自己的个人检测 ID，获得根据您的维生素 D 状态给出的个性化建议，以改善状态。

使用方法

1. 进行检测

首先刺一下手指，然后在滤纸上滴 1 至 2 滴血即可。

2. 启动您的检测

通过输入检测 ID 并填写表格来登记您的检测。所有数据均为匿名。

3. 开启旅程

让清晰的起点助力您开启旅程，实现免疫系统正常运行。温和调整并全年保持最佳维生素 D 状态。

4. 等待分析结果

Vitas Analytical Services 拥有超过 25 年的经验，加上使用尤为先进的知识和技术，可确保他们独立分析样本并保护您的隐私。

5. 获得结果

您会在 10 至 20 天内得知结果，而结果将会显示在易于理解的图形中。

6. 重新检测维生素 D 水平

在世界上许多地方，一年中通过阳光照射摄取的维生素 D 量各不相同，根据摄入量和个人状态，恢复正常状态通常需要服用 3 至 4 个月的维生素 D 补充剂。我们建议每 4 个月进行一次新的检测，以跟进您的身体改善进度，确保您达到并保持理想维生素 D 状态。

测量内容

评估维生素 D 在您体内的储存量有不同的方法，我们使用理想做法来确保更高的分析准确性。25-羟基维生素 D 检测是监测维生素 D 水平的理想方法，因为它会测量血液中的 25(OH)D，也称为骨化二醇。

该检测反映了维生素 D 的所有三种来源；源于食物，补充剂和皮肤合成，并确定您的维生素 D 水平是否处于理想状态，是否过高或过低。

维生素 D 正常范围的测量单位是纳克每毫升 (ng/mL) 或纳摩尔每升 (nmol/L)。纳摩尔/升 (Nmol/L) 是显示维生素 D 状态的常见单位。然而，在美国和其他一些国家/地区，维生素 D 水平使用纳克/毫升 (ng/mL) 这一单位测量。因此，当显示检测结果时，可以选择需要显示的测量单位。

独立实验室

Vitas 是一家通过 GMP 认证的化学分析独立实验室，是公认的现代干血点检测应用的领军机构。Vitas 拥有 25 年以上经验，提供基于尖端知识和技术的高质量定制色谱分析服务。Vitas 源于奥斯陆大学基础医学研究所营养系，这是欧洲最大的营养系。

认证试剂盒

经认证，Zinzino 干血点检测符合关于体外诊断 (IVD) 医疗器械的欧洲条例 98/79/EB。这意味着该检测及其所有组件均符合适用的法律法规，因此该试剂盒上有 CE 标志。

进行检测

1. Zinzino 测试是经过批准、并用于家中进行个人血样采集的体外诊断产品。

- 首先用肥皂洗手，然后用温水冲洗干净并擦干。

2. 从纸卡套取出**样本卡片**。

保存纸卡套以供后续使用。

撕下样品卡片上的“**SAVE**”（保存）部分，并拍张检测 ID 的照片。

您**只能**使用**自己的**匿名检测 ID 查看您的检测结果。将样本卡放在桌上，有两个圆圈的那一面朝上。

3. **手臂划大圈或向下抖动手 20 秒，以刺激血液流动。**

4. 将一次性刺血针取出。取下透明安全盖，刺血针即可使用。

用酒精擦拭和清洁指尖（建议使用中指）。

面向桌上的采集纸，将刺血针放在指尖**后半部**的位置。将刺血针的顶部推向手指，直到听到喀哒声。刺血针会自动在手指上刺一下。

5. 请勿用手指触碰滤纸。

6. 让血液填满圆圈，每次填满一个圆圈。轻轻挤压您的手指，让一滴血液自行滴落至圆圈中。如果一滴血液没能填满圆圈，可立即让手指再滴一滴血液。

将**样本卡片**在室温下水平放置至少 10 分钟，以使样本充分干燥。

7. 将**样本卡片**重新插入纸卡套。然后将纸卡套放入铝箔袋中并**合上**。

重要提示：请勿去除铝箔袋内的干燥袋。

8. 将密闭的铝箔袋放入白色信封中。选择一个您希望将测试发送到的地址标签，并将它贴在白色信封上。**注意！**在放入信箱之前，**必须**在信封上贴正确数量的邮票。

在 www.zinzinotest.com 上登记您的检测编码。这是您以后可以看到检测结果的网页。您需要等待 10 至 20 天的时间才能得到结果。

重要提示：保留卡片的“**SAVE**”（保存）部分。您**只能**使用自己的匿名检测 ID 查看**您的**检测结果。

