

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). Nmol/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 big envelope with the laboratory address on it. **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.

