VITAMIN D TEST

MONITOR YOUR VITAMIN D LEVELS

PRODUCT HIGHLIGHTS

Vitamin D Test is a confidential, laboratory-analyzed dried blood spot (DBS) test that allows you to learn more about your vitamin D levels. It is quick and simple to take and the vitamin D status result is summarized in easy-to-understand graphics.

The test includes intuitive, easy-to-follow instructions and result-based guidance on how to top up with an appropriate amount of vitamin D based on your results. 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**
- **Clear result information**
- **Follow your vitamin D status over time**
- **Anonymous test results from independent laboratory**

SHINE A LIGHT ON YOUR VITAMIN D STATUS
Monitor your levels of the sunshine nutrient throughout the year and learn more about your vitamin D levels. The test includes intuitive, easy-to-follow instructions and result-based guidance on how to top up with an appropriate amount of vitamin D based on your results.

VITAS Analytical Services in Norway will analyze your current vitamin D status and the result is linked to your unique test ID. 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 unique test ID, you will get result-based guidance based on your vitamin D status to help you understand your result.

HOW DOES IT WORK?

1. Take your test
Start by simply pricking your finger and putting 1-2 drops of blood on the filter paper.

2. Activate your test
Register your test by entering your test ID and filling out the form. All data is linked to your unique test ID.

3. Start your journey
Benefit from a clear starting point for your journey to understanding your vitamin D status. Gently adjust and maintain your vitamin D status throughout the year.

4. Wait for the analysis
Vitas Analytical Services has more than 25 years of experience with specialized knowledge and technology, which supports independent analysis of your sample and secure handling of your data.

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 supporting 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 follow your vitamin D status over time.

WHAT WE MEASURE
There are different methods to assess vitamin D status in your body, and we use a validated method to ensure reliable analysis. A 25-hydroxyvitamin D test is a widely used way to monitor vitamin D levels as it measures 25(OH)D, also called calcidiol, in your blood.

The test reflects all three sources of vitamin D: food, supplements and skin synthesis, and shows your vitamin D levels.

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 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 is 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 services 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 complies with the requirements of Regulation (EU) 2017/746 on in vitro diagnostic medical devices (IVDR) and is manufactured under a quality management system certified to ISO 13485. Compliance with applicable regulatory requirements allows the test kit to bear the CE mark.

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 ID code at **www.zinzinotest.com**. This is the website 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.

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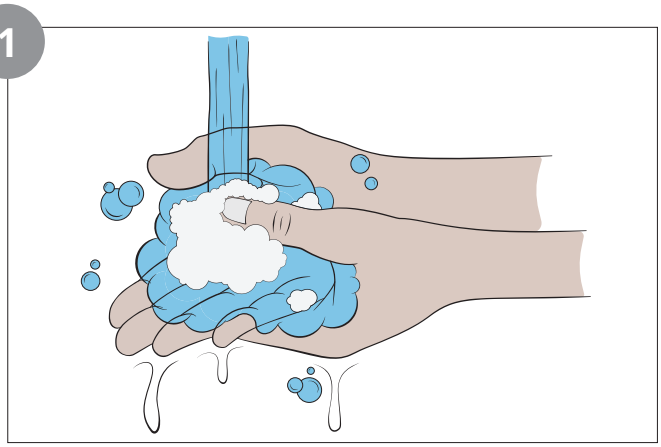

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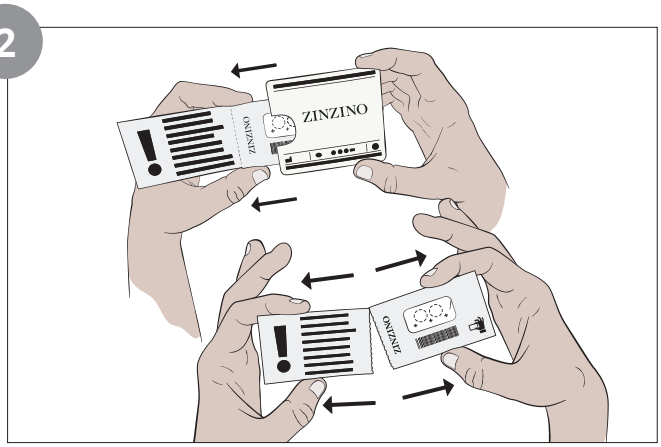

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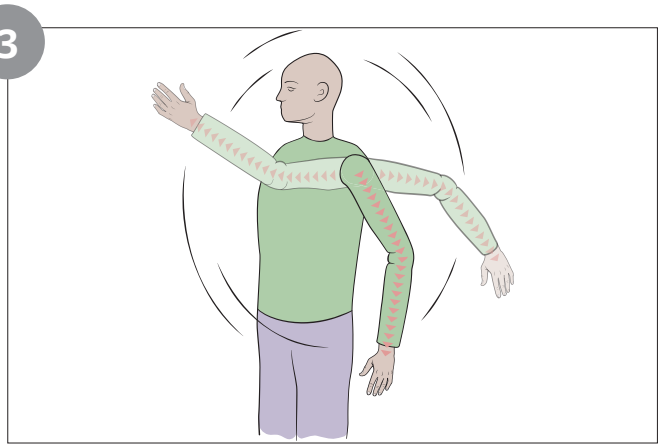

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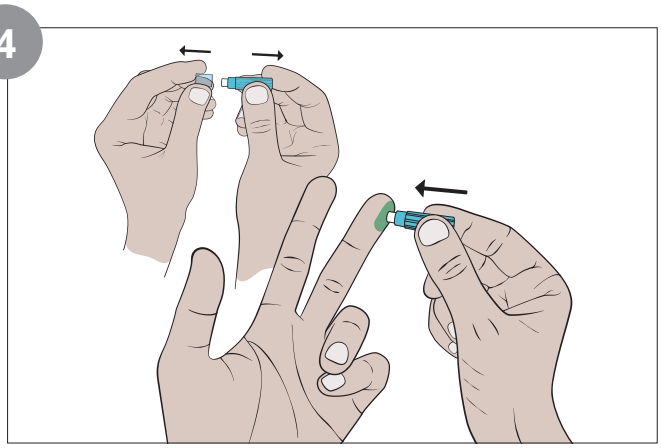

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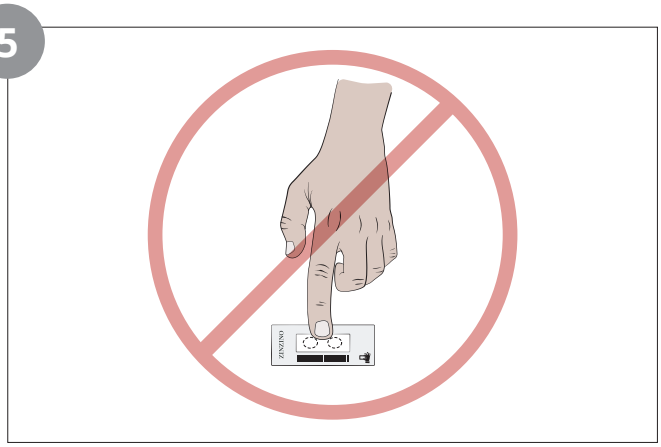

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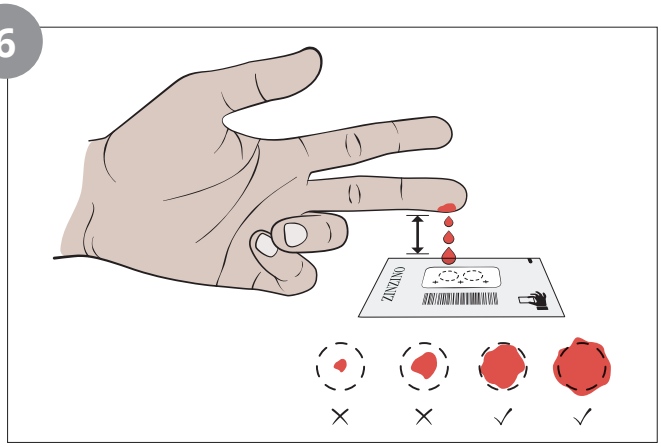

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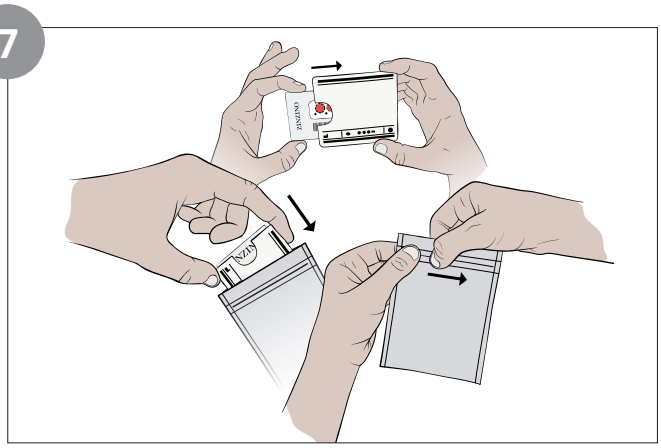
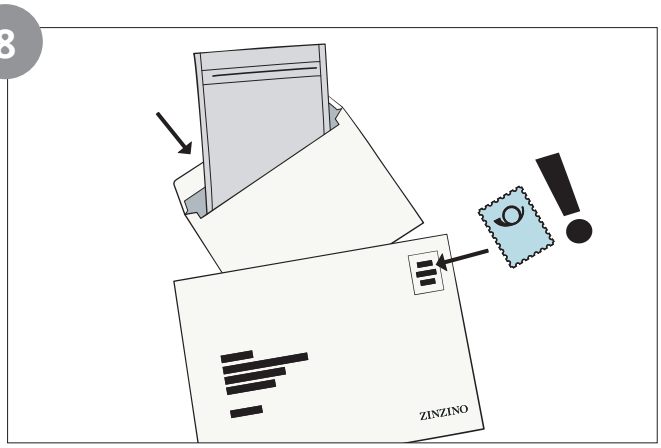
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