

Please Note...

Results and information are for personal use only, are not intended to diagnose, cure, mitigate, treat, or prevent disease or other conditions, and are not intended to provide a determination or assessment of the state of health. Many factors influence antioxidant status and this product evaluates only one of these factors. Always consult with a licensed health care professional to interpret screen results and/or make health care decisions. This screen was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

Before Shipping...

Checklist

- I have called Federal Express' toll-free number, 800-463-3339, to return a package using Federal Express Billable Stamps.
Kits must be sent Monday-Thursday only.
- I have completed the Antioxidant Screen Request Form.
- I have included 1 tube that is dated and 3/4 full.
- I have placed the tube into the biohazard bag.
- I have placed the completed Antioxidant Screen Request Form and biohazard bag into the corrugated box for mailing.
- I have placed the corrugated box into prepaid return mailing envelope.

Important: Plan to return your samples on the final day of collection. If you are unable to do so, refrigerate samples and mail within 72 hours.

Due to current New York State regulations, we are unable to process samples from residents of New York or samples that are collected in New York.

BodyBalance

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INSTRUCTIONS

AntiOxidantCheck

URINARY LIPID PEROXIDES ANALYSIS

About This Wellness Screen...

AntiOxidantCheck measures levels of lipid peroxides to determine free radical activity in your body. Measuring levels of lipid peroxides provides a good indication of your antioxidant levels—your body's main defense against free radicals.

Your Questions Answered...

What are free radicals?

Free radicals are unstable molecules that, in large numbers, can attack the cells of your body. Having optimal antioxidant levels helps to protect your body from free radical damage.

What are lipid peroxides?

Lipid peroxides are fats that have been damaged by excess free radical activity. Measuring their levels indicates whether your body is getting enough antioxidants to protect itself from free radical damage.

What are antioxidants and why are they important?

Antioxidants are compounds that work to prevent free radical damage by inhibiting oxidation of cells. Research has shown that antioxidants are your body's strongest defense against free radical damage.

Where do antioxidants come from?

Fruits and vegetables are an excellent source of antioxidants. Supplements such as Vitamins C and E, selenium, ginkgo biloba, and beta-carotene are good antioxidant sources as well.

Kit Contents...

- 1 Urine collection cup
- 1 Clear sample tube
- 1 Pipette (eye dropper)
- 1 Biohazard bag with absorbent pad
- 1 Prepaid mailing envelope
- 1 Return mailing box (to be used for mailing sample to lab)
- 1 Antioxidant Screen Request Form (**must be completed and signed**)

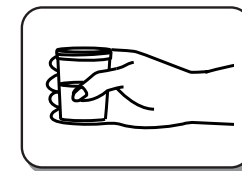
Before You Start...

- ❖ Collect first urine of the day.
- ❖ You may eat and drink as normal in the days prior to collection. However, you must not eat or drink for 8 hours prior to collecting the sample. You may continue with supplements or medications.
- ❖ Important: Mail your sample the day you collect.

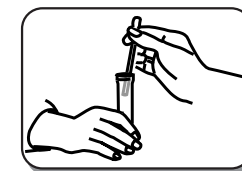
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Urine Collection...

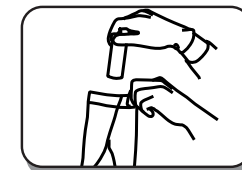
1 Upon waking for the day, collect your first urine of the day into the collection cup provided.



2 Open the clear tube. Use the pipette to transfer urine from the collection cup into the tube until the tube is 3/4 full. ***Insufficient urine samples cannot be processed.*** Cap securely. Dispose of the pipette and collection cup. Write your name, time of collection, and date on the tube.



3 Place the tube into the biohazard bag provided. Plan to return the sample on the day of collection. If you are unable to do so, refrigerate the sample and mail within 72 hours. Make sure you fill out and sign the Antioxidant Screen Request Form. ***Your sample will not be processed without this signed form.***



4 To send your sample, put the biohazard bag, along with the completed and signed Antioxidant Screen Request Form, into the white return box. Place the box into the prepaid mailing envelope and seal for shipping. ***See shipping instructions on the reverse side.***



Be sure to follow instructions thoroughly and fill in the Antioxidant Screen Request Form completely before mailing. Insufficient urine samples cannot be processed.