

Blood Collection

Venous blood collection is the standard procedure for obtaining blood samples. Please follow the guidelines below before your appointment to avoid any distortion of your results. If you have any questions, feel free to get in touch.

Thank you for your cooperation!

Before Your Blood Collection

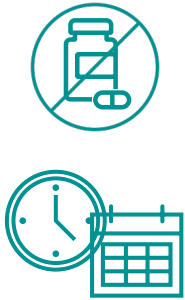
No alcohol for 24 hours beforehand!

No food for 12–14 hours beforehand. That means a light dinner the evening before and then only water or unsweetened tea. If a “small breakfast” is permitted, we will let you know.

Avoid extreme exercise—for example, long bike rides or runs—before your appointment..



Medical Requirements



To ensure accurate results, please pause all **dietary supplements** for 48 hours before your blood draw. Dietary supplements with Biotin (see ingredient list) should be paused 1 week before the blood draw. You may resume them afterward, following your regular intake plan.

Do **not** stop any prescribed medications without first consulting your prescribing physician. Any medications you are taking will be noted and considered when interpreting your results.

Relaxation

Take a moment to approach your blood draw with calm. Please allow yourself about **five minutes of relaxed sitting** in the waiting area—stress can skew certain results.



Also, be sure to maintain the same body position for every blood draw (either sitting or lying down) so your results remain consistent.