

STEP 1



PREPARING FOR TESTING

IF YOU ARE UNSURE ABOUT HOW TO PRICK YOUR FINGER, CALL THE SYNTRON HDL HELP LINE

- Store at room temperature.

READ ALL DIRECTIONS BEFORE STARTING TEST

- This is a one time disposable test. Do not open foil pouch until ready to use. Do not pull tab until STEP 2.

- You will need a clock or timer.

- You should not perform the test within a four-hour period if you have taken 500 mg or more of Vitamin C or a standard dose of acetaminophen (e.g Tylenol) or Naproxen.

- Open the kit. Place the contents on a table or other flat surface.

- DO NOT ACTIVATE FINGER STICK DEVICE (LANCET) UNTIL YOU ARE READY TO DRAW A BLOOD SAMPLE. FINGER STICK DEVICE IS ONE TIME USE ONLY.

STEP 2



ADD HANGING BLOOD DROPS

- Wash hands with warm water.
- Sit down and relax for about 5 minutes. During this time, rub hands together to warm them.
- Select your "middle" or "ring finger." The finger should be warm and callous-free.
- Lay selected hand, palm up, against a flat table surface. Don't pull your finger away, you may not get enough blood.

Twist and remove protective stem from finger stick device



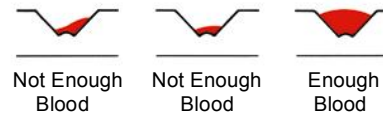
Apply end (with hole) against side of finger. Press firmly until device activates (clicks)

STEP 3



TAP, WAIT 3 MINUTES TO PULL TAB

- YOU MUST ADD ENOUGH BLOOD WITHIN 3 MINUTES OF PRICKING YOUR FINGER TO COVER THE BLACK FILL CIRCLE.



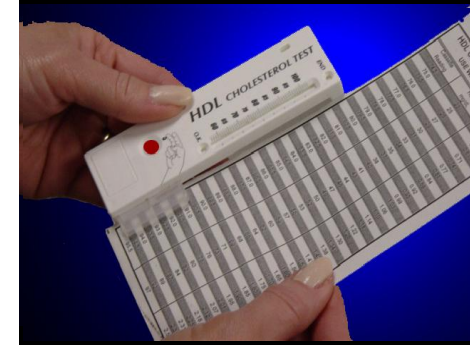
- REPEAT FINGER WARMING TO INCREASE BLOOD FLOW. ONCE THE BLACK FILL CIRCLE IS COVERED, TAP THE TEST DEVICE

- CAUTION: USE YOUR CLOCK OR TIMER ONCE THE BLACK FILL CIRCLE IS COVERED

WAIT AT LEAST 3 MINUTES BUT NO MORE THAN 4 MINUTES BEFORE PULLING TAB
(See STEP 4)

- AFTER WAITING, HOLD THE TEST DEVICE FIRMLY IN YOUR HAND. PULL THE CLEAR PLASTIC TAB ON THE RIGHT SIDE OF THE TEST DEVICE UNTIL YOU CAN SEE THE ENTIRE ARROW. **PULL HARD!**

STEP 4



.O.K. INDICATOR

- The "O.K." indicator turns blue/purple in about 5 minutes.
- The "END" indicator turns green in about 12 minutes.
- READ THE TEST AFTER BOTH INDICATORS CHANGE COLOR
- Read results under bright light. Find the very tip of the blue/purple color bar in the Measurement Scale, even if fuzzy or faint.
- If you are not sure whether results are in the desirable or average risk area, a second test may be considered.
- Using the Result Chart, match the number of the column labeled "Test Device Reading" with the number to its right in the column labeled "HDL Cholesterol mg/dL." This is your HDL cholesterol level.