



OXIDATIVE STRESS BIOMARKERS  
FOR THE ADVANCEMENT OF BASIC AND  
APPLIED RESEARCH RELATED TO AGING

**Instructions for Sample Collection and Shipment**

**I. Collecting the Urine Specimens (Human subjects)**

1. 24-hr urine collection is highly recommended, where possible. If not the next best option is to collect the first morning urine sample.
2. Collect the urine sample using a clean catch or midstream collection after an overnight fasting period of about 8 - 10hr. The urine sample can be collected in a small paper cup. Transfer 2 ml of this urine into a small screw-cap plastic vial.
3. After collection of the urine sample, keep it in a cool, dark place away from direct sunlight. Freeze the sample vial within 4 hours after its collection.

**II. Collecting the Urine Specimens (Experimental animals)**

Please use your own urine collection protocol. The sample volume requirement will depend on the number of biomarkers to be tested. Please call Genox at 410-347-7616 (or toll free at 1-800-810-5450) once you have decided your test requirement.

**III. Collecting the Blood Specimens (Human subjects)**

1. Get blood drawn in the morning, after an overnight fast of 8 - 10hr, before eating and drinking.
2. Draw 10-ml blood in a red-top (no additive) Vacutainer® tube from each individual.
3. Allow blood to clot for about 30 minutes at room temperature in the dark.
4. Centrifuge for 10 minutes at room temperature, at 1000-1500G. Whole blood will yield approximately 40 to 60% serum (4-6 ml). ***Lipemic or hemolyzed specimens are not acceptable.*** They tend to result in higher values for the damage biomarkers. **Please draw another sample in such a case.**
5. After the separation of the serum, please transfer it from the Vacutainer® tube into a screw-capped plastic vial.
6. Label each vial carefully (permanent marker is preferred), with your ID numbers.
7. Freeze the serum **immediately** at -20°C/-4°F and ship within 48 hours. If the samples are stored at -80°C/-112°F (or stored on dry ice) ship within one week.

**IV. Collecting the Blood Specimens (Experimental animals)**

Please use your own blood drawing protocol. The sample volume requirement will depend on the number of biomarkers to be tested. Please call Genox at 410-347-7616 (or toll free at 1-800-810-5450) once you have decided your test requirement.

## V. Packaging Specimens for Shipment to Genox

1. Make sure the urine and/or serum samples are completely frozen.
2. Place the frozen serum/urine sample vials in a plastic bag and leave this bag on top of a one inch bed of dry ice, inside a styrofoam box. Add sufficient dry ice pellets on top of the plastic bag to keep the samples frozen during overnight shipment. Top off the box with packaging foam or paper products. Cover the lid tightly. Place the sample list and your purchase order sheets on top of the closed styrofoam lid just before sealing up the cardboard lid for shipping the samples.
3. Send the samples by overnight courier service (preferably by FedEx Priority Overnight). ***Please do not ship the samples on Friday.*** Genox is not open on Saturdays and hence the courier will not be able to deliver the samples until the following Monday. This may result in sample deterioration as a result of improper storage during the week-end.
4. ***In case of any doubt or if you have any questions, please feel free to call us at 410-347-7616 (or toll free at 1-800-810-5450).***

**Note:** Genox's Products and Analytic Test Services are for **RESEARCH USE ONLY**. Users of Genox's products are strongly advised NOT TO USE THEM FOR CLINICAL/DIAGNOSTIC APPLICATIONS.

***The use of individual assay reports generated by Genox Corporation is restricted to research use only. The provision of these reports to individuals or to treating physicians for the diagnosis, prevention, treatment and control of any human disease or impairment of, or the assessment of the health, nutritional, or medical condition of individuals is expressly prohibited by law. 42 U.S.C. § 263a (2006); 42 C.F.R. § 493.3 (2006); COMAR 10.10.01.02 (2006). Genox is not a CLIA certified laboratory.***

© Copyright 1996-2008 Genox Corporation. All rights reserved.