

NUTRIPANEL TEST INFORMATION

Kindly provide the below mandatory information (in sections A, B and C) in order to be able to generate the patient panel report results. Send please as a picture or soft copy to info@numed.me and/or as a picture to 961 70 382971 (WhatsApp, etc.). This paper will be collected as well along with the collection of the blood sample.

Section A (Healthcare professional Information)

A-1 Healthcare professional first name: _____
 A-2 Healthcare professional last name: _____
 A-3 Healthcare professional phone number: _____

A-4 Date: _____
 A-5 e-mail: _____












Section B (Patient Information)

B-1 First Name: _____
 B-2 Father Name: _____
 B-3 Last Name: _____
 B-4 Gender: Male Female

Section C (test Information)

C-1 Select the Food Intolerance Panel requested:
 Nutripnel Middle East Food Intolerance Panel A (DEFILT1)
 Nutripnel Middle East Food Intolerance Panel B (DEFILT2)
 Nutripnel Middle East Food Intolerance Panels A+B (DEFILT3)
C-2 Blood Sample Code: "NUPAN _____"

Food Lists

	DEFILT1- NUTRIPANEL A (Middle East Food Intolerance Test A) - 88 foods	DEFILT2- NUTRIPANEL B (Middle East Food Intolerance Test B) - 88 foods	DEFILT3= DEFILT1 + DEFILT2
Grains/ Starch	 Barley Buckwheat	Chestnut Millet Oat	Lupine (sweet) Potato Sweet Potato
Meats	 Beef Boar (wild)	Snail	Lamb meat Pork
Beans & Legumes	 Bean (white) Black-eyed pea	Pea Red kidney bean	Broad bean (Fava) Chickpea Lentil Soybean
Seafood	 Anchovy Blue mussel Carp	Oyster Pacific squid Sardine Shrimp	Herring Lobster Mackerel Octopus Salmon Sole Tuna (yellowfin)
Poultry	 Chicken Egg white	Egg yolk Pigeon	Egg Ovalbumin Turkey meat
Vegetables	 Artichoke Beet root Bell pepper Brussels sprouts Capers Carob Cauliflower (raw) Chives	Cucumber Endive Ginger Green bean Hot pepper Kale Lemon Lettuce (type Lollo)	Okra Onion Peppermint Radish Swede (Turnip) Taro Tomato Water cress
Fruits	 Cane sugar Cherry Fig (fresh) Grape Kumquat Mandarine	Mango Peach Pineapple Plum Pomegranates	Raisins Raspberry Persimmon (Sharon, Kaki) Watermelon
Milk & cheeses	 Blue cheese Cheddar cheese Cow whey	Gruyère cheese Milk protein	Milk (cow) Soy milk
Fats & oils	 Avocado Coconut	Cream Olive (green)	Camembert cheese Casein Edam cheese
Nuts & seeds	 Flaxseed Hazel nut Macademia nut	Peanut Sesame	Sunflower seeds Walnut
Miscellaneous	 Anise Baker yeast Bay leaf	Gelatin (porcine) Gluten Tea black	Tea Camomile Vanilla
			Apple Blackberry Date Guava Kiwi fruit
			Lychee Nectarine Papaya Pear
			Pomelo Rose hip Strawberry Sugar melon
			Yoghurt Goat milk cheese Mozzarella
			Parmesan cheese Emmentaler cheese
			Cream cheese Olive black
			Almond Brazil nut Cashew nut
			Pecan nut Pine nut Pistachio nut Pumpkin seed
			Brewer's yeast Cayenne pepper Cacao Cinnamon
			Coffee Licorice Maple syrup Tamarind Tea green Tofu

This Food Panel Test Pack joins both the NUTRIPANEL A & the NUTRIPANEL B (176 foods)

NUTRIPANEL TEST LOGISTICS & GUIDELINES

NUTRIPANEL is the only food intolerance test adapted to Lebanon and the Middle East area with result reports coming from an accredited official medical lab - Wakim Laboratories located in Jounieh and Antelias.

The below will guide you to properly draw blood for the NUTRIPANEL lab test along with collecting it from your clinic.

In order to be able to do the blood collection, you will need one "NUTRIPANEL test box" for each patient. This will be provided free of charge by NUMED. All below material required to take blood is found in this box.

A- What's inside NUTRIPANEL test box

- A-1 Capillary blood collection tube, 800 microliters
- A-2 Medical gloves
- A-3 Safety lancets
- A-4 Alcohol swabs
- A-5 Sterile band aid

- A-6 Capillary blood withdrawal pipette (2 for Nutripanel A or B and 3 for the Nutripanel A+B)
- A-7 One individual "NUPAN ____" label
- A-8 "NUTRIPANEL test information" A5 paper sheet
- A-9 "NUTRIPANEL test Logistics & Guidelines" sheet

B- Volume of blood needed

For each NUTRIPANEL test (A or B) the volume needed is 150 microliters, taken in 2 blood withdrawals and 3 blood withdrawals are needed if both tests are requested.

C- Blood collection technic

Check pictures and explanation below (1 through 8)

D- Labeling and picking up the blood sample

D-1 Label the capillary collection tube with the coded sticker.

D-2 Complete the "NUTRIPANEL test information" sheet (make sure to write the patient-specific "NUPAN" code on it)

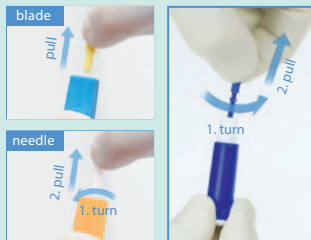
D-3 Put back the labeled tube in the correspondent "NUTRIPANEL test box". The box should be kept cool in the refrigerator

D-4 Inform NUMED about the readiness of the kit to organize pick-up as soon as possible

E- Receiving the results

After 5-7 working days the results will come out and will be delivered by NUMED as hard and soft copies.

- 1** Apply thorough friction on the patient's hand. Cleanse the puncture site & remove the protective cover of the blade or needle.



- 2** Clean the prick site with alcohol swab & massage it. Hold the patient hand down for around 10 seconds. Position the Safety Lancet



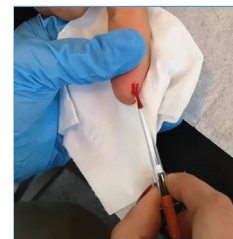
- 3** Puncture the skin by pressing the button on Safety Lancet



- 4** Gently apply pressure to the surrounding tissue



- 5** Use the pipette for easy blood withdrawal. The ribbed area around the tube top indicates the cap opening location. Remove the cap by applying gentle pressure on the cap in an upward direction.



- 6** After blood collection, insert the blood in the tube, click the top cap and apply pressure to the puncture site and then put the sterile bandaid



- 7** After collection, invert the tube gently several times



- 8** Label the tube with the code-sticker provided in the NUTRIPANEL test box. Do it horizontally, let the ends of the sticker go over each other. Make sure the code is clearly showing and readable

