

Mimatest® analyzes the human microbiota of a specific biotope using the unique method of microbial marker mass spectrometry (MMMS). Microbial markers are components of the cell walls of microorganisms. This patented method identifies and quantifies a wide range of bacterial and fungal markers, as well as endotoxin and plasmalogen levels, with high specificity, delivering reliable and reproducible results supported by extensive metabolic databases and libraries.

Storage: Store in a dark, dry place.

Test accuracy: >95%

This is a simple dried blood spot test kit for home blood collection. Handle the blood collection card with care. The card must not be contaminated, so please do not touch the test area. Carefully follow the instructions for blood collection and mailing the envelope. For more information about the test, please visit mimatest.net. Do not use the test if the packaging is damaged. Do not reuse the test. Use by: see packaging. Protect from sunlight.

Mimatest® does not claim to diagnose, treat, or prevent any disease or condition and is not a substitute for personal medical advice. The information provided may indicate the need for further testing or referrals, as well as the importance of adopting a healthier lifestyle. The results should be discussed with a physician trained in interpreting the findings and advising on microbiota optimization programs.

The test kit meets the general safety and performance requirements of the In Vitro Diagnostic Regulation 2017/746 (IVDR).

Contact: post@mimatest.net



View the instructions in your language:
Consultez les instructions dans votre langue:
Visualizza le istruzioni nella tua lingua:
Vea las instrucciones en su idioma:



Mimatest®
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Instructions for
Blood Collection



Test Kit Contents



- A** Box
- B** Lancets
- C** Plaster
- D** Antiseptic alcohol wipe
- E** Blood collection card (with personal code for test results)
- F** Foil bag for sample
- G** Desiccant packet
- H** Prepaid return envelope
- I & J** Access code sheet

1 Open the container and empty the contents. Also open the small box (A) and empty its contents. It contains two lancets (B), a plaster (C), and an antiseptic alcohol swab (D).

2 Wash your hands with warm water and soap for 2 minutes. Dry them thoroughly. Stand upright and rub your hands together for at least 20 seconds to stimulate blood circulation, or move your hand downwards for at least 20 seconds to stimulate blood circulation.

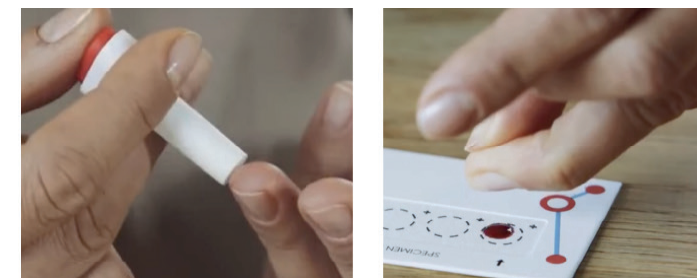
3 Wipe your ring finger (third finger from the thumb) with the antiseptic alcohol swab (D) and let it dry.

4 Remove the transparent protective cap from the lancet (B). Place the smaller end of the lancet against the side of your ring fingertip. Press the lancet firmly into your finger until you hear a click.* The test should be performed self-administered: Prick your finger with the lancet.

5 Gently pinch your finger until a large drop of blood forms. Place one large drop of blood into the center of the circle on the blood collection card (E). Ensure that only the drop touches the card, not your finger. Repeat this process with the remaining circles, placing one drop in each circle according to the instructions below. Do not touch the sample area of the card. Wipe your finger with the antiseptic alcohol wipe and apply the adhesive bandage.

6 Write the date the sample was taken on the card. Also, write the card's code number on the lower detached section (J) of your access code sheet (I&J), or, if necessary, affix the card to the lower section of the access code sheet (J). You will need both codes later to retrieve your test results. Keep both codes in a safe place.

7 Place the right-hand detached side of the card (E) back into the card sleeve and let it dry for 3 hours. Then place the card in the foil bag (F) and seal the bag



tightly. Do not remove the desiccant packet (G) inside the foil bag (F).

8 Place the foil pouch (F) AND the top detached section of the access code sheet (I) into the paper envelope (H)***. Send it immediately, at the latest on the following day, postage-free within the EU.

9 After approximately 3 weeks, visit the website **yourtestresults.net** and retrieve your test results using your two codes (E) & (I).

10 Optionally, create a profile to save multiple test results and compare them later.

* Do not share used lancets with others. Always use a new, sterile lancet. Lancets are for single use only.

** It is very important to dispose of used lancets safely after each use to prevent accidental lancet injuries. Be sure to follow local disposal regulations.

*** To protect your confidentiality, do not include your return address on the envelope.

