HEAT PACK INSTRUCTIONS

The use of heat-packs is recommended for all **functional cellular tests from October to Easter**, analogous to the "O to E rule" or whenever there is a risk of freezing during transportation. It is not advisable to use heat-packs when outside temperatures are above 15-20°C, since high temperatures can also negatively affect the cells.

Heat packs consist of iron fillings, which release heat during the reaction with atmospheric oxygen. Therefore, the process is simply started by opening the package so that the heat pack comes into contact with air. The iron filings are embedded in activated carbon, which stores and distributes the heat.

Instructions

1. Remove the heat pack from packaging.

2. Knead the heat pack a few times, so that the iron filling inside comes into better contact with oxygen. After approx. 5 minutes, the heat pack has developed its full heat.

3. Remove the foil from the adhesive surface.

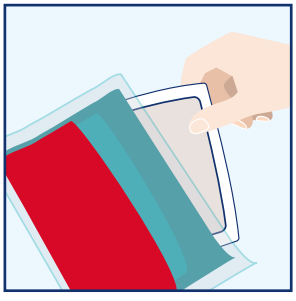
4. Attach the heat pack to the outside of the safety bag. Do not put the heat pack inside the safety bag. Oxygen is absolutely necessary for the chemical reaction to generate heat! Therefore, do not repack the heat bag a second time!

5. Hand over the safety bag to your transport service as usual. The samples are now kept constantly warm for 24-40h.

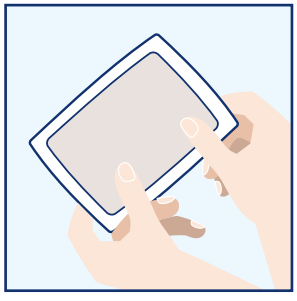
IMPORTANT

The heat packs are not suitable for shipment by German post! If you do not use a transport service yet, please contact our head office. They will be happy to assist you with an appropriate setup.

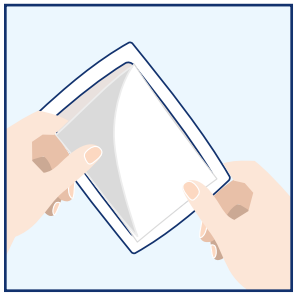
Please use the heat packs exclusively for our functional cellular tests (please check the list on the back to find out exactly which tests are concerned). Do not apply heat packs to any other samples!



remove the heat pack



knead the heat pack



remove the adhesive foil

von außen auf das Safetybag kleben

State: 13.11.2024

Thank you for your support
Your biovis -Team

biovis Diagnostik MVZ GmbH
Brüsseler Str. 18 · 65552 Limburg-Eschhofen

HEAT PACK INSTRUCTIONS

biovis' DIAGNOSTICS

Functional cellular tests for which heat packs are recommended:

→ Special mitochondrial tests

(A13-5, page 1, bottom right)

E328	BHI -bioenergetic health index
E335-E339	Supplemental biomarkers (PGC-1α, Nrf2, rhodanase, mt/n DNA)

→ Pseudoallergic reactions and T-cell mediated allergies

(A13-5, page 2, middle column down)

C560-C590	Pseudoallergy Screening Profile (CAST)
C650-C690	Detection of T cell mediated allergies

→ Immune cell differentiation / cytokines / TNF-α inhibition test & NK cell function tests

(A13-5, page 3-4, from middle column ff)

D180, D197, D197, D187, D181, D110, zT. D110 + D120, D220	Immune cell differentiations
D845, D850, D875, D8301-D8310	stimulated and unstimulated cytokines
D865, D8650 ff	TNF-α inhibition assay
D500, D510, D620 ff	baseline NK activity, tumor killing test

→ All ELISpots and LTTs for pathogens

(A13-5, page 4, bottom left and middle column, and AB COV-6, bottom middle)

K115, K120, K121, D890, K260, K505, K620, K346A	ELISpots and LTT for Borrelia, EBV, viruses, Chlamydia, Candida, Corona

→ All other LTTs

(A13-5, page 5, bottom left and middle column)

D1010-D1090	LTT for metals, plastics, environmental substances, fungi, etc.

→ All requests related to TKTL1 / APO10

Complete EDIM sheet	TKTL1 / APO10 + lymphocyte differentiations

State: 13.11.2024

Thank you for your support
Your biovis -Team

biovis Diagnostik MVZ GmbH
Brüsseler Str. 18 · 65552 Limburg-Eschhofen