VITAMIN B GUIDE

Test Number	Test Name	Sample	Tube	Fasting?	Protect From Light?	Stability			Processing	Temp
						Room Temp	Fridge	Frozen		
ARUP 80388 LAB745	Vitamin B1 (Thiamine) **VitB1WB**	Whole Blood	Green (Lithium Heparin) Lavender (EDTA) Pink (EDTA)	No	No	**N/A**	**N/A**	6 Months	Transfer 3 mL (Min 0.6 mL) **whole blood** to ARUP an standard transport tube. Freeze within one hour of collection.	**CRITICAL FROZEN**
ARUP 80389 LAB125	Vitamin B1 (Thiamine) **VitB1P**	Plasma	Green (Lithium Heparin) PST (Lithium Heparin) Lavender (EDTA) Pink (EDTA)	No	No	**N/A**	1 Week	6 Months	Separate plasma from cells within one hour of collection. Transfer 1 mL plasma to an ARUP standard transport tube. (Min 0.2 mL)	Frozen
ARUP 81123 LAB1091	Vitamin B2 (Riboflavin) **VitB2**	Plasma	Green (Lithium Heparin) PST (Lithium Heparin)	No	**YES**	**N/A**	2 Weeks	1 Month	**Protect from light.** Separate plasma from cells within one hour of collection. Transfer 1 mL (Min 0.5 mL) plasma to an ARUP **Amber** Transport Tube.	Frozen
ARUP 3016752 LAB60464	Vitamin B3 (Niacin and Metabolites) **VITA B3**	Serum Plasma	Lavender (EDTA) Pink (EDTA) Plain Red **(NO SST/PST)**	No	No	24 Hours	3 days	1 Month	Separate from cells ASAP or within 2 hours of collection. Transfer 1 mL serum or plasma to an ARUP standard transport tube. (Min: 0.4 mL)	Frozen
ARUP 3020431 LAB000	Vitamin B5 (Pantothenic Acid) **MISC**	Serum	Lavender (EDTA) Pink (EDTA) Plain Red **(NO SST/PST)**	No	No	48 Hours	2 Weeks	1 Month	Separate from cells ASAP or within 2 hours of collection. Transfer 1 mL serum or plasma to an ARUP standard transport tube. (Min: 0.3 mL)	Frozen
ARUP 80111 LAB120	Vitamin B6 (Pyridoxal 5-Phosphate) **VitB6**	Serum Plasma	Green (Lithium Heparin) PST (Lithium Heparin) Lavender or Pink (EDTA) SST (Gold) or Plain Red	**YES**	**YES**	3 Hours	1 Week	2 Months	**Protect from light.** Allow specimen to clot for 30 minutes and separate from cells. Transfer 1 mL serum to an ARUP **Amber** Transport Tube. (Min 0.5mL)	Frozen
ARUP 3016932 LAB000	Vitamin B7 (Biotin) **MISC**	Serum Plasma	Lavender (EDTA) Pink (EDTA) Plain Red **(NO SST/PST)**	No	No	2 Weeks	2 Weeks	2 Weeks	Transfer 1 mL serum or plasma to an ARUP standard transport tube (Min: 0.5 mL)	Frozen
LAB67	Vitamin B12 **VitB12**	Serum Plasma	Green (Lithium Heparin) PST (Lithium Heparin) SST (Gold) Plain Red	No	No	8 Hours	24 Hours	3 Months	Separate serum or plasma from cells and deliver to chemistry department.	Fridge

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						Room Temp	Fridge	Frozen		
ARUP 80525 LAB580	Vitamin A (Retinol) **VitA**	Serum Plasma	SST (Gold) or Plain Red Green (Lithium Heparin) PST (Lithium Heparin) Lavender or Pink (EDTA)	**YES**	No	**N/A**	1 Month	1 Year	Separate serum or plasma within 1 hour of collection. Transfer 1 mL serum or plasma to an ARUP Standard Transport Tube immediately. (Min: 0.2 mL) Avoid hemolysis.	Fridge
ARUP 80380 LAB671	Vitamin C (Ascorbic Acid) **VitC**	Plasma	Green (Lithium Heparin) PST (Lithium Heparin)	No	**YES**	**N/A**	**N/A**	30 Days	**CRITICAL FROZEN AND LIGHT PROTECTED. Place specimen in ice bath immediately.** Protect from light, centrifuge, transfer 0.5 mL plasma to an ARUP **Amber** Transport Tube and freeze within 1 hour of collection. (Min: 0.3 mL)	**CRITICAL FROZEN**
ARUP 80385 LAB536	Vitamin D, 1, 25-Dihydroxy **VitD1/25**	Serum Plasma	SST (Gold)Plain Red Green (Lithium Heparin) PST (Lithium Heparin) Lavender or Pink (EDTA)	No	No	1 Week	2 Weeks	6 Months	Allow SST or plain red to clot for 15-20 mins. Centrifuge and separate serum or plasma from cells ASAP or within 2 hours of collection. Transfer 1 mL serum or plasma to an ARUP Standard Transport Tube. (Min: 0.5 mL)	Fridge
ARUP 80521 LAB130	Vitamin E **VitE**	Serum Plasma	SST (Gold) or Plain Red Green (Lithium Heparin) PST (Lithium Heparin) Lavender or Pink (EDTA)	**YES**	No	**N/A**	1 Month	1 Year	Separate serum or plasma from cells within 1 hour of collection. Transfer 1 mL serum or plasma to an ARUP Standard Transport Tube. (Min: 0.2 mL) Avoid hemolysis.	Fridge
ARUP 99225 LAB1110	Vitamin K1 **VitK1**	Serum Plasma	SST (Gold) or Plain Red Lavender or Pink (EDTA)	**YES**	**YES**	**N/A**	1 Month	6 Months	**Protect from light during collection, storage, and shipment.** Separate serum or plasma from cells within 1 hour of collection. Transfer 1 mL serum or plasma to an ARUP **Amber** Transport Tube. (Min: 0.6 mL)	Frozen

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