Instructions for Use

Leptin (human) RIA

RUO

REF **RIA-1624**

Σ **250**

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Please use only the valid version of the Instructions for Use provided with the kit.
Verwenden Sie nur die jeweils gültige, im Testkit enthaltene, Gebrauchsanweisung.
Si prega di usare la versione valida dell'inserto del pacco a disposizione con il kit.
Por favor, se usa solo la version valida de la metodico técnico incluido aqui en el kit.

Table of Contents

1 INTENDED USE

Leptin is a signaling factor encoded by the obese gene in adipose tissue. Administration of recombinant leptin decreases food intake, increases energy expanditures and promotes weight loss. [1,2]

This human leptin radioimmunoassay (RIA) has been developed to quantitate human leptin in plasma or serum. It is a completely homologous assay since the antibody was raised against highly purified human leptin and both the standard and tracer are prepared with human leptin.

This kit is for research purposes only. Not for use in diagnostic procedures.

2 PRINCIPLES OF THE PROCEDURE

In radioimmunoassay, a fixed concentration of labeled tracer antigen is incubated with a constant dilution of antiserum such that the concentration of antigen binding sites on the antibody is limited, for example, only 50% of the total tracer concentration may be bound by antibody. If unlabeled antigen is added to this system, there is competition between labeled tracer and unlabeled antigen for the limited and constant number of binding sites on the antibody. Thus, the amount of tracer bound to antibody will decrease as the concentration of unlabeled antigen increases. This can be measured after separating antibody-bound from free tracer and counting one or the other, or both fractions. A calibration or standard curve is set up with increasing concentration of standard unlabeled antigen and from this curve the amount of antigen in unknown samples can be calculated. Thus, the four basic necessities for a radioimmunoassay system are: a specific antiserum to the antigen to be measured, the availability of a radioactive labeled form of the antigen, a method whereby antibody-bound tracer can be separated from the unbound tracer, and finally, an instrument to count radioactivity.

The Human Leptin assay utilizes ^{125}I-labeled human leptin and a human leptin antiserum to determine the level of leptin in serum, plasma or tissue culture media by the double antibody/PEG technique.

3 REAGENTS SUPPLIED

Each kit is sufficient to run 250 tubes and contains the following reagents.

A. Assay Buffer
0.05M Phosphosaline pH 7.4
containing 0.025M EDTA, 0.08% Sodium Azide, 1% RIA Grade BSA and 0.05% Triton X-100
Quantity: 40 mL/vial
Preparation: Ready to use

B. Human Leptin Antibody
Rabbit anti-Human Leptin Serum in Assay Buffer
Quantity: 26 mL/vial
Preparation: Ready to use

C. 125 I-Human Leptin
^{125} I-Human Leptin Label, HPLC purified (specific activity 135 µCi/µg)
Lyophilized for stability. Freshly iodinated label contains <3 µCi (<111 kBq) calibrated to the 1st Monday of each month.
Quantity: 27 mL/vial upon hydration
Preparation: Contents Lyophilized. Hydrate with entire contents of Label Hydrating Buffer.
Allow to sit at room temperature for 30 minutes, with occasional gentle mixing.

D. Label Hydrating Buffer
Assay Buffer containing Normal Rabbit IgG as a carrier. Used to hydrate ^{125}I-Human Leptin
Quantity: 27 mL/vial
Preparation: Ready to use

E. Human Leptin Standards
Purified Recombinant Human Leptin in Assay Buffer at the following concentrations:
100 ng/mL
Quantity: 2 mL/vial
Preparation: Ready to use

F. Quality Controls 1 & 2
Purified Recombinant Human Leptin in Assay Buffer
Quantity: 1 mL/vial
Preparation: Ready to use

G. Precipitating Reagent
Goat anti-Rabbit IgG Serum, 3% PEG and 0.05% Triton X-100 in 0.05M Phosphosaline, 0.025M EDTA, 0.08% Sodium Azide
Quantity: 260 mL/vial
Preparation: Ready to use; chill to 4°C.

4 STORAGE AND STABILITY

Upon receipt, unused kit may be stored between 2 °C and 8 °C for short term storage.

For prolonged storage (> 2 weeks), freeze unused kit at ≤ -20 °C.

Lyophilized components upon hydration should be stored at ≤ -20 °C immediately after use, or discarded.

Avoid multiple (>5) freeze/thaw cycles. Refer to date on bottle for expiration when stored at ≤ - 20°C.

Do not mix reagents from different kits unless they have the same lot number and are unopened.

5 REAGENT PRECAUTIONS

A. Radioactive Materials

This radioactive material may be received, acquired, possessed and used only by research personnel or clinical laboratories for in vitro research tests not involving internal or external administration of the material, or the radiation there from, to human beings or animals. Its receipt, acquisition, possession, use and transfer are subject to the regulations of the U. S. Nuclear Regulatory Commission or of a State with which the Commission has entered into an agreement for the exercise of regulatory authority.

The following are suggested general rules for the safe use of radioactive material. The customers Radiation Safety Officer (RSO) is ultimately responsible for the safe handling and use of radioactive material.

1. Wear appropriate personnel devices at all times while in areas where radioactive materials are used or stored.
2. Wear laboratory coats, disposable gloves and other protective clothing at all times.
3. Monitor hands, shoes, and clothing and immediate area surrounding the work station for contamination after each procedure and before leaving the area.
4. Do not eat, drink or smoke in any area where radioactive materials are stored or used.
5. Never pipette radioactive material by mouth.
6. Dispose of radioactive waste in accordance with NRC rules and regulations.
7. Avoid contaminating objects such as telephones, light switches, doorknobs, etc.
8. Use absorbent pads for containing and easily disposing of small amounts of contamination.
9. Wipe up all spills immediately and thoroughly and dispose of the contaminated materials as radioactive waste. Inform RSO.

B. Sodium Azide

Sodium Azide has been added to all reagents as a preservative at a concentration of 0.08%. Although it is at a minimum concentration, sodium azide may react with lead and copper plumbing to form highly explosive metal azides. On disposal, flush with large volume of water to prevent azide build up.

Full labels of hazardous components in this kit:

Ingredient	Full Label	
^{125}I-Human Leptin Tracer		**Danger.** Harmful if swallowed. Causes serious eye damage. Harmful to aquatic life with long lasting effects. Avoid release to the environment. Wear eye protection. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. Get medical advice/ attention.
Human Leptin Antibody		**Warning.** Causes serious eye irritation. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.
Label Hydrating Buffer		**Warning.** Causes serious eye irritation. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.
Precipitating Reagent		**Warning.** Causes serious eye irritation. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.

6 MATERIALS REQUIRED BUT NOT PROVIDED

1. Borosilicate glass tubes, 12 x 75 mm. (NOTE: Polypropylene or polystyrene tubes may be used if the investigator finds that the pellet formation is acceptably stable in their system.)
2. 100 µL pipet with disposable tips
3. 100 µL & 1.0 mL repeating dispenser
4. Refrigerated swing bucket centrifuge capable of developing 2,000 - 3,000 x*g*. (Use of fixed-angle buckets is not recommended.)
5. Absorbent paper
6. Vortex mixer
7. Refrigerator
8. Gamma Counter

7 SPECIMEN COLLECTION AND STORAGE

1. A maximum of 100 µL per assay tube of serum or plasma can be used, although 50 µL per tube is adequate for most applications. Tissue culture and other media may also be used.
2. Care must be taken when using heparin as an anticoagulant, since an excess will provide falsely high values.[4] Use no more than 10 IU heparin per mL of blood collected.
3. Specimens can be stored at 4 °C if they will be tested within 24 hours of collection.
   For longer storage, specimens should be stored at ≤ –20 °C. Avoid multiple (>5) freeze/thaw cycles.
4. Avoid using samples with fross hemolysis or lipemia.

8 ASSAY PROCEDURE

For optimal results, accurate pipetting and adherence to the protocol are recommended.

8.1 Standard Preparation

Use care in opening the Standard vial.

Label seven glass tubes 1, 2, 3, 4, 5, 6 and 7. Add 1.0 mL Assay Buffer to each of the seven tubes.

Prepare serial dilutions by adding 1.0 mL of the 100 ng/mL standard to tube 1, mix well and transfer 1.0 mL of tube 1 to tube 2, mix well and transfer 1.0 mL of tube 2 to tube 3, mix well and transfer 1.0 mL of tube 3 to tube 4, mix well and transfer 1.0 mL of tube 4 to tube 5, mix well and transfer 1.0 mL of tube 5 to tube 6, mix well, and transfer 1.0 mL of tube 6 to tube 7, mix well.

Note:
Do not use a Repeater pipette. Change tip for every dilution. Wet tip with Standard before dispensing. Unused portions of standard should be stored at ≤ -20 °C. Avoid multiple freeze/thaw cycles.

Tube #	Standard Concentration	Volume of Assay Buffer to Add	Volume of Standard to Add
1	50 ng/mL	1.0 mL	1.0 mL of 100 ng/mL
2	25 ng/mL	1.0 mL	1.0 mL of 50 ng/mL
3	12.5 ng/mL	1.0 mL	1.0 mL of 25 ng/mL
4	6.25 ng/mL	1.0 mL	1.0 mL of 12.5 ng/mL
5	3.125 ng/mL	1.0 mL	1.0 mL of 6.25 ng/mL
6	1.56 ng/mL	1.0 mL	1.0 mL of 3.125 ng/mL
7	0.78 ng/mL	1.0 mL	1.0 mL of 1.56 ng/mL

For optimal results, accurate pipetting and adherence to the protocol are recommended.

8.2 Assay Set-Up

Day One

1. Pipet 300 µL of Assay Buffer to the non-specific binding (NSB) tubes (3-4),
   200 µL to reference (Bo) tubes (5-6) and
   100 µL to tubes 7 through the end of assay.
2. Pipet 100 µL of standards and quality controls in duplicate. (see Flow Chart).
3. Pipet 100 µL of samples in duplicate.
   (NOTE: Smaller volumes of sample may be used when Leptin concentrations are anticipated to be elevated or when sample size is limited. Additional Assay Buffer should be added to compensate for the difference so that the volume is equivalent to 100 µL, e.g., when using 50 µL of sample, add 50 µL of Assay Buffer). Refer to Section 9 for calculation modification.
4. Pipet 100 µL of ^{125}I-Leptin to all tubes.
   Important: For preparation, see Section 3, Part C.
5. Pipet 100 µL of Human Leptin antibody to all tubes except total count tubes (1-2) and NSB (3-4).
6. Vortex, cover and incubate overnight (20-24 hours) at 4 °C.

Day Two

7. Add 1.0 mL of cold (4°C) Precipitating Reagent to all tubes (except total count tubes).
8. Vortex and incubate 20 minutes at 4 °C.
9. Centrifuge, 4 ° C, all tubes [except total count tubes (1-2)] for 20 minutes at 2,000 - 3,000 x *g*.
   Note: If less than 2,000 x *g* is used or if slipped pellets have been observed in previous runs, the time of centrifugation must be increased to obtain a firm pellet (e.g., 40 minutes). Multiple centrifuge runs within an assay must be consistent. Conversion of rpm to x *g*:
   x $g = (1.12 \times 10^{-5})$ (r) $(\text{rpm})^2$
   r = radial distance in cm (from axis of rotation to the bottom of the tube)
   rpm = rotational velocity of the rotor
10. Immediately decant the supernate of all tubes except Total Count tubes (1-2), drain tubes for at least 15-60 seconds (be consistent between racks), and blot excess liquid from lip of tubes. NOTE: Invert tubes only one time. Pellets are fragile and slipping may occur.
11. Count all tubes in a gamma counter for 1 minute. Calculate the ng/mL of Human Leptin in unknown samples using automated data reduction procedures (see Section 9).

Assay Flow Chart

	Day One					Day Two		
	Step 1	Step 2-3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9-11
Tube #	Add Assay Buffer	Add Standard / QC/ Sample	Add ^{125}I-Leptin Tracer	Add Leptin Antibody	Vortex, Cover, and Incubate 20-24 hrs at 4°C	Add Precipitating Reagent	Vortex, and Incubate 20 min. at 4°C	Centrifuge for 20 min., Decant, and Count pellets
1,2	----	----	100 µL	----		----		
3,4	300 µL	----	100 µL	----		1.0 mL		
5,6	200 µL	----	100 µL	100 µL		1.0 mL		
7,8	100 µL	100 µL of 0.78 ng/mL	100 µL	100 µL		1.0 mL		
9,10	100 µL	100 µL of 1.56 ng/mL	100 µL	100 µL		1.0 mL		
11,12	100 µL	100 µL of 3.125 ng/mL	100 µL	100 µL		1.0 mL		
13,14	100 µL	100 µL of 6.25 ng/mL	100 µL	100 µL		1.0 mL		
15,16	100 µL	100 µL of 12.5 ng/mL	100 µL	100 µL		1.0 mL		
17,18	100 µL	100 µL of 25 ng/mL	100 µL	100 µL		1.0 mL		
19,20	100 µL	100 µL of 50 ng/mL	100 µL	100 µL		1.0 mL		
21,22	100 µL	100 µL of 100 ng/mL	100 µL	100 µL		1.0 mL		
23,24	100 µL	100 µL of QC 1	100 µL	100 µL		1.0 mL		
25,26	100 µL	100 µL of QC 2	100 µL	100 µL		1.0 mL		
27,28	100 µL	100 µL of unknown	100 µL	100 µL		1.0 mL		
29-n	100 µL	100 µL of unknown	100 µL	100 µL		1.0 mL		

9 CALCULATIONS

9.1 Explanation

The calculations for Human Leptin can be automatically performed by most gamma counters possessing data reduction capabilities or by independent treatment of the raw data using a commercially available software package.[5] Choose weighted 4-parameter or weighted log/logit for the mathematical treatment of the data.

NOTE: Be certain the procedure used subtracts the NSB counts from each average count, except Total Counts, prior to final data reduction.

9.2 Manual calculation

1. Average duplicate counts for Total Counts (tubes 1-2), NSB (tubes 3-4), Total Binding tubes (reference B_o) (tubes 5-6) and all duplicate tubes for standards and samples to the end of the assay.
2. Subtract the average NSB counts from each average count (except for Total Counts). These counts are used in the following calculations.
3. Calculate the percentage of tracer bound (Total Binding Counts/Total Counts) x 100
   This should be 35-50%.
4. Calculate the percentage of total binding (%B/Bo) for each standard and sample:
   %B/Bo = (Sample or Standard/Total Binding) x 100
5. Plot the % B/Bo for each standard on the y-axis and the known concentration of the standard on the x-axis using log-log graph paper.
6. Construct the reference curve by joining the points with a smooth curve.
7. Determine the ng/mL of Human Leptin in the unknown samples and controls by interpolation of the reference curve.

NOTE: When sample volumes assayed differ from 100 µL, an appropriate mathematical adjustment must be made to accommodate for the dilution factor (e.g. if 50 µL of sample is used, then calculated data must be multiplied by 2).

10 INTERPRETATION

A. Acceptance Criteria

1. The run will be considered accepted when all Quality Control Values fall within the calculated Quality Control Range; if any QC's fall outside the control range, review results with the supervisor.
2. If the difference between duplicate results of a sample is >10% CV, repeat the sample.
3. The limit of sensitivity for the Human Leptin assay is 0.437 ng/mL ± 2 SD (100 µL sample size).
4. The limit of linearity for the Human Leptin assay is 100 ng/mL (100 µL sample size). Any result greater than 100 ng/mL should be repeated on dilution using Assay Buffer as a diluent.

11 NORMAL FASTING RANGE [3]

Leptin levels are directly correlated with degree of adiposity.

Mean Leptin Values (BMI ranges 18 - 25):

Lean Men 3.8 ± 1.8 µg/L

Lean Women 7.4 ± 3.7 µg/L

Levels rise approximately 2.5 times faster in women per unit BMI as compared to men[3].

12 ASSAY CHARACTERISTICS

12.1 Sensitivity

The lowest level of Leptin that can be detected by this assay is 0.437 ng/mL ± 2 SD, when using a 100 µL sample size.

12.2 Performance

The following parameters of assay performance are expressed as Mean ± Standard Deviation.

ED_{80} = 2.5 ng/mL ± 0.38 ng/mL

ED_{50} = 12.6 ng/mL ± 1.8 ng/mL

ED_{20} = 69.2 ng/mL ± 8.5 ng/mL

12.3 Specificity

The specificity (also known as selectivity) of an analytical test is its ability to selectively measure the analyte in the presence of other like components in the sample matrix.

Human Leptin	100%
Rat Leptin	<0.2%
Mouse Leptin	<0.2%
Human Insulin	*
Human Proinsulin	*
Rat Insulin	*
Human C-Peptide	*
Glucagon	*
IGF- 1	*

*not detectable

12.4 Precision

Within and Between Assay Variation

Sample No.	Mean (ng/mL)	Within (% CV)	Between (% CV)
1	4.9	8.3	6.2
2	7.2	4.6	5.0
3	10.4	3.9	4.7
4	15.7	4.7	3.0
5	25.6	3.4	3.6

Within and between assay variations were performed on five human serum samples containing varying concentrations of human leptin. Data (mean and % CV) shown are from five duplicate determinations of each serum sample in five separate assays.

12.5 Recovery

Spiking Recovery of Leptin in Human Serum

Sample No.	Leptin Added ng/mL	Observed ng/mL	Expected ng/mL	% Recovery
1	0	4.9		
2	2	7.2	6.9	104
3	5	10.4	9.9	105
4	10	15.7	14.9	105
5	20	25.6	24.9	103

Varying concentrations of human leptin were added to five human serum samples and the leptin content was determined by RIA. Mean of the observed levels from five duplicate determinations in five separate assays are shown. Percent recovery was calculated on the observed vs. expected.

12.6 Linearity

Effect of Serum Dilution

Sample No.	Volume sampled	Observed ng/mL	Expected ng/mL	% of expected
1	100 µL	45.7	45.7	100
	75 µL	45.3		99
	50 µL	45.6		100
	25 µL	46.1		101
2	100 µL	31.2	31.2	100
	75 µL	31.2		100
	50 µL	31.3		100
	25 µL	31.0		99
3	100 µL	13.8	13.8	100
	75 µL	13.1		95
	50 µL	12.5		91
	25 µL	12.1		88
4	100 µL	9.1	9.1	100
	75 µL	8.6		95
	50 µL	8.7		96
	25 µL	8.4		92

Aliquots of pooled human serum containing varying concentrations of leptin were analyzed in the volumes indicated. Dilution factors of 1, 1.33, 2, and 4 representing 100 µL, 75 µL, 50 µL and 25 µL, respectively, were applied in calculating observed concentrations. Mean Leptin levels and percent of expected for five separate assays are shown.

12.7 Example of Assay Results

This data is presented as an example only and should not be used in lieu of a standard curve prepared with each assay.

Tube #	ID	CPM	Ave CPM	Ave Net CPM	% B/Bo	ng/mL
1	Totals	15857	16060			
2		16262				
3	NSB	745	723			
4		701				
5	Bo	7614	7629	6906		
6		7643				
Standards						
7	0.78 ng/mL	7062	7155	6432	0.931	
8		7248				
9	1.56 ng/mL	6383	6428	5705	0.826	
10		6473				
11	3.125 ng/mL	5459	5487	4764	0.690	
12		5515				
13	6.25 ng/mL	4530	4515	3792	0.549	
14		4500				
15	12.5 ng/mL	3354	3354	2631	0.381	
16		3354				
17	25 ng/mL	2373	2449	1726	0.250	
18		2525				
19	50 ng/mL	2008	1983	1260	0.182	
20		1958				
21	100 ng/mL	1592	1585	862	0.125	
		1578				
Controls/Unknown						
23	QC 1	5053	5079	4356	0.631	4.14
24		5105				
25	QC 2	2978	2910	2187	0.317	17.12
26		2842				
27-n	Unknown					

13 QUALITY CONTROLS

Good Laboratory Practice (GLP) requires that Quality Control specimens be run with each standard curve to check the assay performance. Two levels of controls are provided for this purpose. These and any other control materials should be assayed repeatedly to establish mean values and acceptable ranges. Each individual laboratory is responsible for defining their system for quality control decisions and is also responsible for making this system a written part of their laboratory manual. The ranges for Quality Control 1 and 2 are provided on the card insert.

Recommended batch analysis decision using two controls (Westgard Rules):[6]

1. When both controls are within ±2 SD.
   Decision: Approve batch and release analyte results.
2. When one control is outside ±2 SD and the second control is within ±2 SD.
   Decision: Hold results, check with supervisor. If no obvious source of error is identified by the below mentioned check of systems, the supervisor may decide to release the results.

Technician check of systems:

1. Check for calculation errors
2. Repeat standards and controls
3. Check reagent solutions
4. Check instrument

14 ORDERING INFORMATION

Conditions of Sale

For Research Use Only. Not for Use in Diagnostic Procedures.

Safety Data Sheets (SDS)

Safety data sheet are available upon request.

15 REFERENCES / LITERATURE

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5. Feldman,H. and Rodbard,D. “Mathematical Therory of Radioimmunoassay”, in: W.D.Odell and Doughaday,W.H. (Ed.), Principles of Competitive Protein-Binding Assays. Philadelphia:J.B. Leppincott Company; pp 158-203, 1971.
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SYMBOLS USED

Symbol	English	Deutsch	Italiano	Español	Français
CE	European Conformity	CE-Konformitäts-kennzeichnung	Conformità europea	Conformidad europea	Conformité normes européennes
	Consult instructions for use *	Gebrauchsanweisung beachten *	Consultare le istruzioni per l'uso	Consulte las instrucciones de uso	Consulter les instructions d'utilisation
IVD	*In vitro* diagnostic medical device *	*In-vitro*-Diagnostikum *	Diagnostica in vitro	Diagnóstico in vitro	Diagnostic in vitro
REF	Catalogue number *	Artikelnummer *	No. di Cat.	No de catálogo	Référence
LOT	Batch code *	Chargencode *	Lotto no	Número de lote	No. de lot
	Contains sufficient for <n> tests *	Ausreichend für <n> Prüfungen *	Contenuto sufficiente per "n" saggi	Contenido suficiente para <n> ensayos	Contenu suffisant pour "n" tests
	Temperature limit *	Temperaturbegrenzung *	Temperatura di conservazione	Temperatura de conservacion	Température de conservation
	Use-by date *	Verwendbar bis *	Data di scadenza	Fecha de caducidad	Date limite d'utilisation
	Manufacturer *	Hersteller *	Fabbricante	Fabricante	Fabricant
	Caution *	Achtung *			
RUO	For research use only	Nur für Forschungszwecke	Solo a scopo di ricerca	Sólo para uso en investigación	Seulement dans le cadre de recherches
Distributed by	Distributed by	Vertreiber	Distributore	Distribuidor	Distributeur
Content	Content	Inhalt	Contenuto	Contenido	Conditionnement
Volume/No.	Volume / No.	Volumen/Anzahl	Volume/Quantità	Volumen/Número	Volume/Quantité