

# ProcartaPlex™ Human Metabolism/Obesity Panel 2 8-Plex

## USER GUIDE

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B.0 (31)	18 August 2021	Update analytes and catalog number.
A.0 (30)	26 January 2021	New manual

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# Contents

■	<b>CHAPTER 1</b>	<b>ProcartaPlex™ Human Metabolism/Obesity Panel 2 8-Plex</b>	<b>4</b>
		Introduction	4
		Contents and storage	5
		Required materials not supplied	5
		Precautions and technical hints	6
		Workflow	7
■	<b>CHAPTER 2</b>	<b>Methods</b>	<b>8</b>
		Sample preparation	8
		Plasma sample preparation	8
		Serum sample preparation	8
		Cell culture supernatant preparation	8
		Preparation of reagents	8
		Prepare 1X Wash Buffer	9
		Prepare 1X Competitive Conjugate Solution	9
		Prepare 1X Cortisol Beads	9
		Prepare Standard Mixes	9
		Prepare 4-fold serial dilution	10
		Assay protocol	11
		Instrument settings	13
		Analyze results	13
■	<b>APPENDIX A</b>	<b>Recommended plate layout</b>	<b>15</b>



# ProcartaPlex™ Human Metabolism/Obesity Panel 2 8-Plex

## Introduction

The ProcartaPlex™ Human Metabolism/Obesity Panel 2 8-Plex has been optimized for detection of multiple analytes from serum, plasma, and cell culture supernatants.

The panel is provided in a ready-to-use format with individual vials of 1X capture and detection reagents that require less pipetting and experimental setup. These reagents are not combinable with simplexes or other panels.

ProcartaPlex™ preconfigured panels are extensively tested for analyte combinability, interference and cross-reactivity to provide the highest level of validation and precision. All ProcartaPlex™ panels are supplied with the necessary reagents to perform the assay.

Analytes	
Cortisol	C-peptide
Ghrelin	GLP-1
Insulin	Leptin
PYY	Resistin (ADSF)

## Contents and storage

Upon receipt, store the kit at 2°C to 8°C. When stored as indicated, all reagents are stable until the expiration date.

Contents	Amount
Standard Mix F (lyophilized)	2 each
Standard Mix Metabolism 2 (lyophilized)	2 each
Cortisol Beads (50X)	1 x 120 µL
Competitive Conjugate Solution (50X)	1 x 70 µL
Biotinylated Detection Antibody Mix (1X)	1 x 3.5 mL
Capture Bead Mix (1X)	1 x 5 mL
Streptavidin-PE (SA-PE) (1X)	1 x 5 mL
Wash Buffer (10X)	1 x 25 mL
Reading Buffer (1X)	1 x 40 mL
Universal Assay Buffer (1X)	1 x 10 mL
8-Tube Strip	2 each
Flat Bottom 96-well Plate, black	1 each
Microplate Lid	1 each
Plate Seals	8 each

Retain the lot-specific Certificate of Analysis that contains the product expiration date. The Certificate of Analysis also contains important information such as bead number, analyte names and highest standard concentration required for the assay setup on the xMAP instrument.



**CAUTION!** This kit contains materials with small quantities of sodium azide. Sodium azide reacts with lead and copper plumbing to form explosive metal azides. Upon disposal, flush drains with a large volume of water to prevent azide accumulation. Avoid ingestion and contact with eyes, skin and mucous membranes. In case of contact, rinse affected area with plenty of water. Observe all federal, state and local regulations for disposal.

## Required materials not supplied

- xMAP™ instrument
- Hand-Held Magnetic Plate Washer (Cat. No. EPX-55555-000)
- Deionized water
- Fresh cell culture medium for running cell culture supernatant samples

- Vortex mixer (e.g., Cat. No. 88882010)
- Microcentrifuge
- Adjustable single and multichannel pipettes with disposable tips and low volume reservoirs (e.g., Cat. No. 95128093)
- Beakers, flasks, and cylinders necessary for preparation of reagents
- Orbital microplate shaker with at least 1.5 mm or 0.059 inch orbit diameter capable of maintaining a speed of  $600 \pm 50$  rpm (e.g., Cat. No. 88882006)

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**Note:** The use of rockers or large orbit shakers may cause adverse results.

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## Precautions and technical hints

1. Thoroughly read this User Guide and Certificate of Analysis prior to using the kit.
2. All chemicals should be considered potentially hazardous.
3. To avoid cross-contamination, do not invert the assay plate during the assay or allow contents from one well to mix with another well.
4. Use a multichannel pipette and reagent reservoirs whenever possible to achieve optimal assay precision.
5. Ensure that the xMAP™ instrument has been properly calibrated and set up prior to preparing and running the assay.

## Workflow

### Assay protocol

#### Prepare antigen standard

#### Add capture beads

1. Vortex capture beads and Cortisol Beads for 30 sec. Add 50  $\mu$ L of each bead type to each well.
2. Remove liquid.

**Note:** Wash the plate after adding the beads.

#### Add samples and standards

1. Add the following according to sample type
  - For serum and plasma samples:** Add 25  $\mu$ L of Universal Assay Buffer, then add 25  $\mu$ L of standards or samples. Add 20  $\mu$ L of Competitive Conjugate Solution. For background wells, add 50  $\mu$ L of 1X UAB.
  - For cell culture supernatant samples:** Add 50  $\mu$ L of standards or samples. Add 20  $\mu$ L of Competitive Conjugate Solution. For background wells, add 50  $\mu$ L of cell culture medium.
2. Seal the plate and incubate with shaking at room temp for 2 hr.
3. Wash plate twice.

#### Add detection antibody

1. Add 25  $\mu$ L of Detection Antibody Mix (1X).
2. Seal the plate and incubate with shaking at room temp for 30 min.
3. Wash plate twice.

#### Add Streptavidin-PE

1. Add 50  $\mu$ L of Streptavidin-PE.
2. Seal the plate and incubate with shaking at room temp for 30 min.
3. Wash plate twice.

#### Resuspend beads

1. Add 120  $\mu$ L of Reading Buffer.
2. Seal the plate and shake at room temp for 5 min.

#### Acquire data on xMAP™ system

## Sample preparation

Thaw frozen serum and plasma samples on ice and mix well by vortexing. Centrifuge at  $10,000 \times g$  for 5–10 minutes to pellet out particulates. Avoid multiple freeze/thaw cycles. If samples are high in lipid content, centrifuge at  $10,000 \times g$  for 10 minutes and transfer contents to a new tube.

### Plasma sample preparation

1. Collect samples in sodium citrate or EDTA tubes. If using heparin as an anticoagulant, no more than 10 IU of heparin per mL of blood collected should be used to prevent assay interference that can result in a false positive signal.
2. Centrifuge samples at  $1,000 \times g$  at  $4^{\circ}\text{C}$  for 10 minutes within 30 minutes of collection.
3. Collect the plasma fraction. Use immediately or store aliquots at  $-80^{\circ}\text{C}$ .

### Serum sample preparation

1. Allow blood to clot for 20–30 minutes at  $20\text{--}25^{\circ}\text{C}$ .
2. Centrifuge at  $1,000 \times g$  for 10 minutes at  $20\text{--}25^{\circ}\text{C}$ .
3. Collect the serum fraction. Alternatively, a serum separator tube can be used following the manufacturer's instructions.
4. Use immediately or store aliquots at  $-80^{\circ}\text{C}$ . Avoid multiple freeze/thaw cycles.

### Cell culture supernatant preparation

1. Centrifuge samples at 1,400 rpm for 10 minutes at  $4^{\circ}\text{C}$  to remove particulates.
2. Aliquot the clarified medium into clean polypropylene microcentrifuge tubes.
3. Use immediately or store aliquots at  $-80^{\circ}\text{C}$ . Avoid multiple freeze/thaw cycles.

## Preparation of reagents

Before starting with the assay protocol, define the plate map. Mark the standard, sample and background wells using the plate map found in Appendix A, "Recommended plate layout" to determine the number of wells used.



## Prepare 1X Wash Buffer

Bring the Wash Buffer Concentrate (10X) to room temperature and vortex for 15 seconds. Mix 20 mL of the Wash Buffer Concentrate (10X) with 180 mL ddH<sub>2</sub>O. Mix gently to avoid foaming. Wash Buffer (1X) can be stored at 2–8°C for up to 6 months.

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**Note:** Additional Wash Buffer Concentrate (200 mL, Cat. No. EPX-66666-001) can be purchased separately for automated plate washers.

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## Prepare 1X Competitive Conjugate Solution

Prepare the Competitive Conjugate Solution (1X) by mixing 50 µL of Competitive Conjugate Solution (50X) with 2,450 µL Universal Assay Buffer (1X).

## Prepare 1X Cortisol Beads

Cortisol Beads are provided as concentrated 50X beads. Dilution of concentrated Cortisol Beads is required before use.

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**Note:** Dilute Cortisol Beads (50X) immediately prior to use. Diluted beads can not be stored for later use.

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1. Vortex the Cortisol Bead vial (50X) for 30 seconds. Add 100 µL of the Cortisol Beads (50X) to a mixing bottle if using a whole plate (otherwise adjust the volume accordingly).
2. Add 4,900 µL of Wash Buffer (1X) to the mixing bottle for a final volume of 5 mL.

## Prepare Standard Mixes

This kit is supplied with two lyophilized Standard Mixes for generation of standard curves. Two vials of each Standard Mix are provided to permit the user to run the assay twice if running a partial plate. For experiments measuring serum or plasma samples, use 1X UAB as the diluent to reconstitute and dilute the standard. For experiments measuring cell culture supernatant samples, use fresh cell culture medium as the diluent.

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**Note:** Change pipette tips after each dilution step and avoid air bubbles.

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1. Centrifuge both standard mix stock vials at 2,000 × *g* for 10 seconds.
2. Add 125 µL of diluent to each stock vial.
3. Vortex the vials at high speed for 30 seconds and centrifuge at 2,000 × *g* for 10 seconds to collect contents at the bottom of the vials.
4. Incubate on ice for 10 minutes to ensure complete reconstitution.
5. Combine the contents of each vial into one of the vials.
6. Vortex the vial at high speed for 30 seconds and centrifuge at 2,000 × *g* for 10 seconds to collect contents at the bottom of the vial.

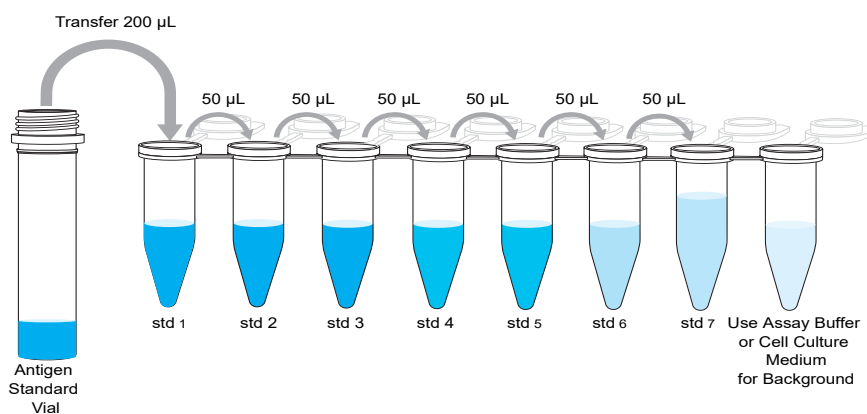
## Prepare 4-fold serial dilution

1. Label the tubes in the 8-Tube Strip: Std1, Std2, Std3, Std4, Std5, Std6 and Std7.
2. Add 200  $\mu\text{L}$  of the reconstituted standard mix into Std1 tube.
3. Add 150  $\mu\text{L}$  of diluent into Std2–Std7 tubes.
4. Transfer 50  $\mu\text{L}$  from Std1 tube into Std2 tube.
5. Mix by pipetting up and down 10 times.
6. Transfer 50  $\mu\text{L}$  of the mixed standards from Std2 tube into Std3 tube using new pipette tip.
7. Mix by pipetting up and down 10 times.
8. Repeat steps 4–7 for tubes Std4–Std7, changing pipette tips between dilution steps, see Figure 1.
9. Add 150  $\mu\text{L}$  of diluent to the last tube of the 8-Tube Strip to serve as a background.
10. Keep tubes on ice until ready to use.

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**Note:** Use reconstituted standards immediately. Reconstituted standards cannot be stored. Discard unopened standard vials if the entire plate was used in a single experiment.

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**Figure 1**  
4-fold serial dilution

## Assay protocol

1. Add Capture Bead Mix to the plate.
  - a. Vortex the 1X Capture Bead Mix vial and the diluted Cortisol Beads for 30 seconds at high speed.
  - b. Using a multichannel pipette, add 50  $\mu$ L of the Capture Bead Mix to each well of the plate.
  - c. Add 50  $\mu$ L of the diluted Cortisol Beads (1X) to the 50  $\mu$ L Capture Bead Mix in each well.
2. Wash beads using a Hand-Held Magnetic Plate Washer.

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**Note:** To avoid loss of beads, secure the plate using the clamps on both sides of the Hand-Held Magnetic Plate Washer during this procedure.

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**Note:** This protocol was developed using the Hand-Held Magnetic Plate Washer (Cat. No. EPX-55555-000). Other washers should be validated by the end user.

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- a. Place the plate on the Hand-Held Magnetic Plate Washer and wait 2 minutes to allow the beads to settle on the bottom of each well.
  - b. Remove the liquid by quickly inverting the washer/plate assembly over a sink or waste container.
  - c. Gently blot the inverted washer/plate assembly onto several layers of paper towels or absorbent surface to remove any residual liquid.
  - d. Add 150  $\mu$ L of 1X Wash Buffer into each well and wait 30 seconds.
  - e. Remove the liquid by quickly inverting the washer/plate assembly over a sink or waste container.
  - f. Gently blot the inverted washer/plate assembly onto several layers of paper towels or absorbent surface to remove any residual liquid.
  - g. Remove the plate from the magnet and proceed to step 3.
3. Add samples and standards to the plate.
    - a. **Serum and plasma:** Add 25  $\mu$ L of 1X UAB to each well followed by 25  $\mu$ L of prepared standards or samples as defined on the plate layout. Add an additional 25  $\mu$ L of 1X UAB to the wells designated as backgrounds. **Cell culture supernatants:** Add 50  $\mu$ L prepared standards or samples as defined on the plate layout. Add an additional 50  $\mu$ L of cell culture medium to the wells designated as backgrounds.
    - b. Dilute Competitive Conjugate Solution (50X) as described in Prepare 1X Competitive Conjugate Solution on page 9. Add 20  $\mu$ L of the diluted Competitive Conjugate Solution (1X) to each well.
    - c. Seal the plate using one of the provided Plate Seals and cover with the provided Microplate Lid. Shake at 600 rpm for 2 hours at room temperature.

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**Note:** For those wishing to perform the assay over two days, the 96-well plate can be incubated overnight. Shake the 96-well plate for 30 minutes at room temperature at 600 rpm, then transfer the plate to 4°C and store on a level surface. After overnight incubation, shake the plate for an additional 30 minutes at room temperature at 600 rpm.

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4. Remove and discard the Plate Seal. Wash the plate following the steps below.
  - a. Place the plate on the Hand-Held Magnetic Plate Washer and wait 2 minutes to allow particles to settle on the bottom of each well.
  - b. Remove the liquid by quickly inverting the washer/plate assembly over a sink or waste container.
  - c. Gently blot the inverted washer/plate assembly onto several layers of paper towels or absorbent surface to remove any residual liquid.
  - d. Add 150  $\mu$ L of 1X Wash Buffer into each well and wait 30 seconds.
  - e. Remove the liquid by quickly inverting the washer/plate assembly over a sink or waste container.
  - f. Gently blot the inverted washer/plate assembly onto several layers of paper towels or absorbent surface to remove any residual liquid.
  - g. Repeat steps 4d-4f once for a total of two washes.
  - h. Remove the plate from the magnet and proceed to the next step.
5. Add Biotinylated detection Antibody Mix to the plate.
  - a. Using a multichannel pipette, add 25  $\mu$ L of the detection antibody solution to each well of the plate. Gently tap the plate to evenly distribute the solution in the wells.

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**Note:** A narrow trough reservoir for multichannel pipetting is recommended to be used to prevent volume loss.

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- b. Seal the plate using a new Plate Seal and cover with the provided Microplate Lid. Shake at 600 rpm for 30 minutes at room temperature.
6. Wash the plate following step 4.
7. Add Streptavidin-PE (SA-PE) to the plate.
  - a. Add 50  $\mu$ L of SA-PE solution to each well.
  - b. Seal the plate using new Plate Seal and cover with the provided Microplate Lid. Shake at 600 rpm for 30 minutes at room temperature.
8. Wash the plate following step 4.
9. Prepare the plate for analysis on a xMAP™ instrument.
  - a. Add 120  $\mu$ L of reading buffer into each well.

- b. Seal the plate using new Plate Seal and cover with the provided Microplate Lid. Shake at 600 rpm for 5 minutes at room temperature.
10. Remove the Plate Seal and run the plate on a xMAP™ instrument.

## Instrument settings

Follow the recommended guidelines and procedures for calibration and verification of the instrument. Laser-based systems require 30 minutes to warm up prior to use.

Instrument	Acquisition volume	Timeout (optional)	Bead type	DD gate	Reporter gain	Min. bead count
MAGPIX™	50 µL <sup>[1]</sup>	N/A	N/A	N/A	Standard PMT	50
INTELLIFLEX™	30 µL	40 sec	MagPlex™	4,000–13,000	Standard PMT	50
FLEXMAP 3D™ Luminex™ 100/200™	50 µL	60 sec	MagPlex™	7,500–25,000	Standard PMT	50
Bio-Rad™ Bio-Plex™	50 µL	60 sec	MagPlex™	5,000–25,000	Standard PMT	50

<sup>[1]</sup> MAGPIX volume can be changed during the run to optimize bead count.

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**Note:** To assure a good bead count, the probe height must be adjusted to the plate provided in the kit. We recommend using two 5.08 mm spacer disks to adjust the sample probe height for Mylar-bottom plates.

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## Analyze results

The concentration of the samples can be calculated by plotting the expected concentration of the standards against the NET MFI generated by each standard. A 4PL or 5PL algorithm is recommended for the best curve fit. Analyze the assayed samples according to the operation manual for the Luminex™ instrument.

We offer a free and robust analysis software package for data analysis. To analyze the data, follow the instructions below or contact our technical support.

1. Export the run data in .csv format and navigate to the ProcartaPlex™ Analysis App on Thermo Fisher Connect: <https://apps.thermofisher.com/apps/procartaplex>

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**Note:** The .csv raw data exported as Report Type 'xPONENT' from INTELLIFLEX™ instruments are supported.

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2. Upload the .csv files to the ProcartaPlex™ Analysis App to analyze the run data. The intuitive software features 4PL/5PL curve fit optimization, group-wise statistical and heat map analysis. Users can export detailed reports including images for presentations and publications.

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**IMPORTANT!** For ProcartaPlex™ getting started guides, technical literature, protocol support tools, and common troubleshooting questions visit [thermofisher.com/procartaplexsupport](https://thermofisher.com/procartaplexsupport)  
For more complete troubleshooting questions and answers, visit our FAQ database at [thermofisher.com/procartaplexfaqs](https://thermofisher.com/procartaplexfaqs)

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# Recommended plate layout

Standards		Samples									
1	1	1	1	9	9	17	17	25	25	33	33
2	2	2	2	10	10	18	18	26	26	34	34
3	3	3	3	11	11	19	19	27	27	35	35
4	4	4	4	12	12	20	20	28	28	36	36
5	5	5	5	13	13	21	21	29	29	37	37
6	6	6	6	14	14	22	22	30	30	38	38
7	7	7	7	15	15	23	23	31	31	39	39
Bkgd <sup>[1]</sup>	Bkgd	8	8	16	16	24	24	32	32	40	40

<sup>[1]</sup> Background

	1	2	3	4	5	6	7	8	9	10	11	12
A												
B												
C												
D												
E												
F												
G												
H												

