invitrogen USER GUIDE

Human Ghrelin ELISA Kit

Enzyme-linked Immunosorbent Assay for quantitative detection of human Ghrelin

Catalog Number BMS2192

Pub. No. MAN0016571 Rev. A.0 (30)



WARNING! Read the Safety Data Sheets (SDSs) and follow the handling instructions. Wear appropriate protective eyewear, clothing, and gloves. Safety Data Sheets (SDSs) are available from **thermofisher.com/support**.

Product description

The Human Ghrelin ELISA Kit is an enzyme-linked immunosorbent assay for the quantitative detection of human Ghrelin.

Summary

Ghrelin was originally isolated from the stomach, but ghrelin has also been identified in other peripheral tissues, such as the gastrointestinal tract, pancreas, ovary, and adrenal cortex. It regulates both appetite and rate of use of energy. When the stomach is empty, ghrelin is secreted. When the stomach is stretched, secretion stops. It acts on hypothalamic brain cells both to increase hunger, and to increase gastric acid secretion and gastrointestinal motility to prepare the body for food intake. In addition, ghrelin levels show a diurnal variation and seem to be influenced by age, gender, BMI, growth hormone (GH), glucose, and insulin.

The gene coding for human prepro-ghrelin, GHRL, is located on chromosome 3 (3p25-26) and is composed of four exons and three introns spanning 5 kb. Human prepro-ghrelin consists of 117 amino acids, and the mature ghrelin peptide is constituted of 28 amino acids with a fatty acid chain modification (octanoyl group) on the third amino acid.

For literature update refer to our website.

Principles of the test

An anti-human Ghrelin coating antibody is adsorbed onto microwells.

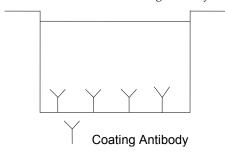


Fig. 1 Coated microwell

Human Ghrelin present in the sample or standard binds to antibodies adsorbed to the microwells and a biotin-conjugated anti-human Ghrelin antibody is added and binds to human Ghrelin captured by the first antibody.

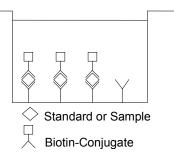


Fig. 2 First incubation

Following incubation unbound biotin-conjugated anti-human Ghrelin antibody is removed during a wash step. Streptavidin-HRP is added and binds to the biotin-conjugated anti-human Ghrelin antibody.

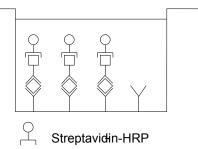


Fig. 3 Second incubation

Following incubation unbound Streptavidin-HRP is removed during a wash step, and substrate solution reactive with HRP is added to the wells.

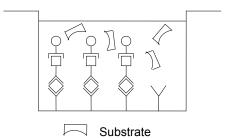


Fig. 4 Third incubation

A colored product is formed in proportion to the amount of human Ghrelin present in the sample or standard. The reaction is terminated by addition of acid and absorbance is measured at 450 nm. A standard curve is prepared from 7 human Ghrelin standard dilutions and human Ghrelin sample concentration determined.

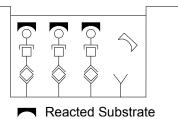


Fig. 5 Fourth incubation

Reagents provided

Reagents for human Ghrelin ELISA BMS2192 (96 tests)

1 aluminum pouch with a Microwell Plate (12 strips with 8 wells each) coated with monoclonal antibody to human Ghrelin

1 vial (70 μ L) Biotin-Conjugate anti-human Ghrelin monoclonal antibody

1 vial (150 μL) Streptavidin-HRP

2 vials human Ghrelin Standard lyophilized, 2000 pg/mL upon reconstitution

1 vial (5 mL) Assay Buffer Concentrate 20x (PBS with 1% Tween $^{^{TM}}$ 20, 10% BSA)

1 bottle (50 mL) Wash Buffer Concentrate 20x (PBS with 1% Tween [™] 20)

1 bottle (12 mL) Sample Diluent

1 vial (15 mL) Substrate Solution (tetramethyl-benzidine)

1 vial (15 mL) Stop Solution (1M Phosphoric acid)

4 Adhesive Films

Storage instructions - ELISA kit

Store kit reagents between 2°C and 8°C. Immediately after use remaining reagents should be returned to cold storage (2°C to 8°C). Expiry of the kit and reagents is stated on labels.

Expiry of the kit components can only be guaranteed if the components are stored properly, and if, in case of repeated use of one component, this reagent is not contaminated by the first handling.

Sample collection and storage instructions

Cell culture supernatant, serum, and plasma (citrate, heparin, EDTA) were tested with this assay. Other biological samples might be suitable for use in the assay. Remove serum or plasma from the clot or cells as soon as possible after clotting and separation.

Pay attention to a possible *Hook Effect* due to high sample concentrations (see "Calculation of results" on page 4)

Samples containing a visible precipitate must be clarified prior to use in the assay. Do not use grossly hemolyzed or lipemic samples.

Samples should be aliquoted and must be stored frozen at -20° C to avoid loss of bioactive human Ghrelin. If samples are to be run within 24 hours, they may be stored at 2–8°C (for stability refer to "Sample stability" on page 6).

Avoid repeated freeze-thaw cycles. Prior to assay, the frozen sample should be brought to room temperature slowly and mixed gently.

Materials required but not provided

- 5 mL and 10 mL graduated pipettes
- 5 μL to 1000 μL adjustable single channel micropipettes with disposable tips
- 50 μL to 300 μL adjustable multichannel micropipette with disposable tips
- Multichannel micropipette reservoir
- Beakers, flasks, cylinders necessary for preparation of reagents
- Device for delivery of wash solution (multichannel wash bottle or automatic wash system)
- Microplate shaker

- Microwell strip reader capable of reading at 450 nm (620 nm as optional reference wave length)
- Glass-distilled or deionized water
- Statistical calculator with program to perform regression analysis

Precautions for use

- All reagents should be considered as potentially hazardous. We
 therefore recommend that this product is handled only by those
 persons who have been trained in laboratory techniques and that it
 is used in accordance with the principles of good laboratory
 practice. Wear suitable protective clothing such as laboratory
 overalls, safety glasses and gloves. Care should be taken to avoid
 contact with skin or eyes. In the case of contact with skin or eyes
 wash immediately with water. See material safety data sheet(s)
 and/or safety statement(s) for specific advice.
- Reagents are intended for research use only and are not for use in diagnostic or therapeutic procedures.
- Do not mix or substitute reagents with those from other lots or other sources.
- Do not use kit reagents beyond expiration date on label.
- Do not expose kit reagents to strong light during storage or incubation.
- Do not pipet by mouth.
- Do not eat or smoke in areas where kit reagents or samples are handled
- Avoid contact of skin or mucous membranes with kit reagents or samples.
- Rubber or disposable latex gloves should be worn while handling kit reagents or samples.
- Avoid contact of substrate solution with oxidizing agents and metal.
- · Avoid splashing or generation of aerosols.
- To avoid microbial contamination or cross-contamination of reagents or samples that may invalidate the test, use disposable pipette tips and/or pipettes.
- Use clean, dedicated reagent trays for dispensing the conjugate and substrate reagent.
- Exposure to acid inactivates the conjugate.
- Glass-distilled water or deionized water must be used for reagent preparation.
- Substrate solution must be at room temperature prior to use.
- Decontaminate and dispose samples and all potentially contaminated materials as if they could contain infectious agents. The preferred method of decontamination is autoclaving for a minimum of 1 hour at 121.5°C.
- Liquid wastes not containing acid and neutralized waste may be mixed with sodium hypochlorite in volumes such that the final mixture contains 1.0% sodium hypochlorite. Allow 30 minutes for effective decontamination. Liquid waste containing acid must be neutralized prior to the addition of sodium hypochlorite.

Preparation of reagents

- 1. Buffer Concentrates should be brought to room temperature and should be diluted before starting the test procedure.
- 2. If crystals have formed in the Buffer Concentrates, warm them gently until they have completely dissolved.

Wash buffer (1x)

- Pour entire contents (50 mL) of the Wash Buffer Concentrate (20x) into a clean 1000 mL graduated cylinder. Bring to final volume of 1000 mL with glass-distilled or deionized water. Mix gently to avoid foaming.
- 2. Transfer to a clean wash bottle and store at 2° to 25°C. Please note that Wash Buffer (1x) is stable for 30 days.
- 3. Wash Buffer (1x) may also be prepared as needed according to the following table:

Number of Strips	Wash Buffer Concentrate (20x) (mL)	Distilled Water (mL)
1 - 6	25	475
1 - 12	50	950

Assay buffer (1x)

- Pour the entire contents (5 mL) of the Assay Buffer Concentrate (20x) into a clean 100 mL graduated cylinder. Bring to final volume of 100 mL with distilled water. Mix gently to avoid foaming.
- 2. Store at 2° to 8°C. Please note that the Assay Buffer (1x) is stable for 30 days.
- Assay Buffer (1x) may also be prepared as needed according to the following table:

Number of Strips	Assay Buffer Concentrate (20x) (mL)	Distilled Water (mL)
1 - 6	2.5	47.5
1 - 12	5.0	95.0

Biotin-Conjugate

Note: The Biotin-Conjugate should be used within 30 minutes after dilution.

Make a 1:100 dilution of the concentrated Biotin-Conjugate solution with Assay Buffer (1x) in a clean plastic tube as needed according to the following table:

Number of Strips	Biotin-Conjugate (mL)	Assay Buffer (1x) (mL)
1 - 6	0.03	2.97
1 - 12	0.06	5.94

Streptavidin-HRP

Note: The Streptavidin-HRP should be used within 30 minutes after dilution

Make a 1:100 dilution of the concentrated Streptavidin-HRP solution with Assay Buffer (1x) in a clean plastic tube as needed according to the following table

Number of Strips	Streptavidin-HRP (mL)	Assay Buffer (1x) (mL)
1 - 6	0.06	5.94
1 - 12	0.12	11.88

Human Ghrelin standard

- Reconstitute human Ghrelin standard by addition of distilled water. Reconstitution volume is stated on the label of the standard vial. Swirl or mix gently to insure complete and homogeneous solubilization (concentration of reconstituted standard = 2000 pg/mL).
- 2. Allow the standard to reconstitute for 10-30 minutes. Mix well prior to making dilutions.
- The standard has to be used immediately after reconstitution and cannot be stored.
- 4. Standard dilutions can be prepared directly on the microwell plate (see "Test protocol" on page 3) or alternatively in tubes (see "External standard dilution" on page 3).

External standard dilution

- 1. Label 6 tubes, one for each standard point: S1, S2, S3, S4, S5, S6, S7.
- 2. Prepare 1:2 serial dilutions for the standard curve as follows: Pipette 250 μ L of Sample Diluent into each tube.
- 3. Pipette 250 μL of reconstituted standard (concentration = 2000 pg/mL) into the first tube, labeled S1, and mix (concentration of standard 1 = 1000 pg/mL.
- Pipette 250 µL of this dilution into the second tube, labeled S2, and mix thoroughly before the next transfer.
- 5. Repeat serial dilutions 5 more times thus creating the points of the standard curve (see Figure 6).

Sample Diluent serves as blank.

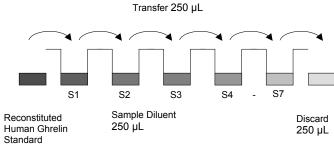


Fig. 6 Dilute standards - tubes

Test protocol

Note: If instructions in this protocol have been followed, samples have been diluted 1:4 and the concentration read from the standard curve must be multiplied by the dilution factor (x4).

- 1. Determine the number of microwell strips required to test the desired number of samples plus appropriate number of wells needed for running blanks and standards. Each sample, standard, blank and optional control sample should be assayed in duplicate. Remove extra microwell strips from holder and store in foil bag with the desiccant provided at 2–8°C sealed tightly.
- 2. Wash the microwell strips twice with approximately $400~\mu$ L Wash Buffer per well with thorough aspiration of microwell contents between washes. Allow the Wash Buffer to sit in the wells for about 10–15 seconds before aspiration. Take care not to scratch the surface of the microwells.
 - After the last wash step, empty wells and tap microwell strips on absorbent pad or paper towel to remove excess Wash Buffer. Use the microwell strips immediately after washing. Alternatively microwell strips can be placed upside down on a wet absorbent paper for not longer than 15 minutes. Do not allow wells to dry.
- 3. Standard dilution on the microwell plate (alternatively, the standard dilution can be prepared in tubes, see "External standard dilution" on page 3):
 - Add 100 μ L of Sample Diluent in duplicate to all standard wells. Pipette 100 μ L of prepared standard (see "Human Ghrelin standard" on page 3, concentration = 2,000 pg/mL), in duplicate, into well A1 and A2 (see Table 1). Mix the contents of wells A1 and A2 by repeated aspiration and ejection (concentration of standard 1, S1 = 1,000 pg/mL), and transfer 100 μ L to wells B1 and B2, respectively (see Figure 7). Take care not to scratch the inner surface of the microwells. Continue this procedure 5 times, creating two rows of human Ghrelin standard dilutions, ranging from 1,000 pg/mL to 15.6 pg/mL. Discard 100 μ L of the contents from the last microwells (G1, G2) used.

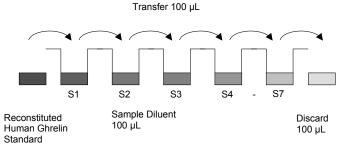


Fig. 7 Dilute standards - microwell plate.

Table 1 Example of the arrangement of blanks, standards, and samples in the microwell strips.

	1	2	3	4
А	Standard 1 1,000.0 pg/mL	Standard 1 1,000.0 pg/mL	Sample 1	Sample 1
В	Standard 2 500.0 pg/mL	Standard 2 500.0 pg/mL	Sample 2	Sample 2
С	Standard 3 250.0 pg/mL	Standard 3 250.0 pg/mL	Sample 3	Sample 3
D	Standard 4 125.0 pg/mL	Standard 4 125.0 pg/mL	Sample 4	Sample 4
Е	Standard 5 62.5 pg/mL	Standard 5 62.5 pg/mL	Sample 5	Sample 5
F	Standard 6 31.3 pg/mL	Standard 6 31.3 pg/mL	Sample 6	Sample 6
G	Standard 7 15.6 pg/mL	Standard 7 15.6 pg/mL	Sample 7	Sample 7
Н	Blank	Blank	Sample 8	Sample 8

In case of an external standard dilution (see "External standard dilution" on page 3), pipette 100 μ L of these standard dilutions (S1–S7) in the standard wells according to Table 1.

- 4. Add 100 μL Sample Diluent in duplicate to the blank wells.
- 5. Add 75 μL Sample Diluent in duplicate to the sample wells.
- 6. Add $25 \mu L$ of each sample in duplicate to the sample wells.
- 7. Prepare Biotin-Conjugate (see "Biotin-Conjugate" on page 3).
- 8. Add 50 μ L of diluted Biotin-Conjugate to all wells, including the blank wells.
- 9. Cover with an adhesive film and incubate at room temperature (18–25°C) for 2 hours if available on a microplate shaker.
- 10. Prepare Streptaividin-HRP (see "Streptavidin-HRP" on page 3).
- Remove adhesive film and empty wells. Wash microwell strips 6 times according to point 2 of the test protocol. Proceed immediately to the next step.
- 12. Add 100 μL of diluted Streptavidin-HRP to all wells, including the blank wells.
- 13. Cover with an adhesive film and incubate at room temperature (18–25°C) for 1 hour if available on a microplate shaker.
- 14. Remove adhesive film and empty wells. Wash microwell strips 6 times according to point 2 of the test protocol. Proceed immediately to the next step.
- 15. Pipette 100 µL of TMB Substrate Solution to all wells.
- **16.** Incubate the microwell strips at room temperature (18–25°C) for 30 minutes. Avoid direct exposure to intense light.

The color development on the plate should be monitored and the substrate reaction stopped (see next point of this protocol) before positive wells are no longer properly recordable. Determination of the ideal time period for color development has to be done individually for each assay.

17. It is recommended to add the stop solution when the highest standard has developed a dark blue color. Alternatively the color development can be monitored by the ELISA reader at 620 nm. The substrate reaction should be stopped as soon as Standard 1 has reached an OD of 0.9–0.95.

- 18. Stop the enzyme reaction by quickly pipetting 100 μL of Stop Solution into each well. It is important that the Stop Solution is spread quickly and uniformly throughout the microwells to completely inactivate the enzyme. Results must be read immediately after the Stop Solution is added or within one hour if the microwell strips are stored at 2–8°C in the dark.
- 19. Read absorbance of each microwell on a spectro-photometer using 450 nm as the primary wave length (optionally 620 nm as the reference wave length; 610 nm to 650 nm is acceptable). Blank the plate reader according to the manufacturer's instructions by using the blank wells. Determine the absorbance of both the samples and the standards.

Calculation of results

- Calculate the average absorbance values for each set of duplicate standards and samples. Duplicates should be within 20 percent of the mean value.
- Create a standard curve by plotting the mean absorbance for each standard concentration on the ordinate against the human Ghrelin concentration on the abscissa. Draw a best fit curve through the points of the graph (a 5-parameter curve fit is recommended).
- To determine the concentration of circulating human Ghrelin for each sample, first find the mean absorbance value on the ordinate and extend a horizontal line to the standard curve. At the point of intersection, extend a vertical line to the abscissa and read the corresponding human Ghrelin concentration.
- If instructions in this protocol have been followed, samples have been diluted 1:4 and the concentration read from the standard curve must be multiplied by the dilution factor (x 4).
- Calculation of samples with a concentration exceeding standard 1
 may result in incorrect, low human Ghrelin levels (Hook Effect).
 Such samples require further external predilution according to
 expected human Ghrelin values with Sample Diluent in order to
 precisely quantitate the actual human Ghrelin level.
- It is suggested that each testing facility establishes a control sample of known human Ghrelin concentration and runs this additional control with each assay. If the values obtained are not within the expected range of the control, the assay results may be invalid.
- A representative standard curve is shown in Figure 8.

Note: Do not use this standard curve to derive test results. Each laboratory must prepare a standard curve for each group of microwell strips assayed.

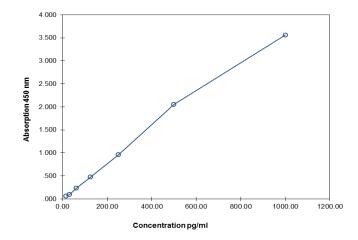


Fig. 8 Representative standard curve for human Ghrelin ELISA. human Ghrelin was diluted in serial 2-fold steps in Sample Diluent.

Table 2 Typical data using the human Ghrelin ELISA.

Measuring wavelength: 450 nm Reference wavelength: 620 nm

Standard	human Ghrelin Concentration (pg/mL)	0.D. at 450 nm	Mean O.D. at 450 nm	C.V. (%)
1	1000.0	3.745 3.779	3.696	0.4
2	500.0	2.459 2.534	2.431	1.5
3	250.0	1.131 1.212	1.105	3.5
4	125.0	0.562 0.610	0.520	4.1
5	62.50	0.308 0.324	0.250	2.6
6	31.25	0.172 0.177	0.109	1.6
7	15.63	0.133 0.133	0.067	0.1
Blank	0.0	0.067 0.065	0.000	1.4

The OD values of the standard curve may vary according to the conditions of assay performance (e.g., operator, pipetting technique, washing technique, or temperature effects). Furthermore shelf life of the kit may affect enzymatic activity and thus color intensity. Values measured are still valid.

Limitations

- Since exact conditions may vary from assay to assay, a standard curve must be established for every run.
- Bacterial or fungal contamination of either screen samples or reagents or cross-contamination between reagents may cause erroneous results.
- Disposable pipette tips, flasks or glassware are preferred, reusable glassware must be washed and thoroughly rinsed of all detergents before use.
- Improper or insufficient washing at any stage of the procedure will
 result in either false positive or false negative results. Empty wells
 completely before dispensing fresh wash solution, fill with Wash
 Buffer as indicated for each wash cycle and do not allow wells to
 sit uncovered or dry for extended periods.

Performance characteristics

Sensitivity

The limit of detection of human Ghrelin defined as the analyte concentration resulting in an absorbance significantly higher than that of the dilution medium (mean plus 2 standard deviations) was determined to be 11.8 pg/mL (mean of 3 independent assays).

Reproducibility

Intra-assay

Reproducibility within the assay was evaluated in 3 independent experiments. Each assay was carried out with 6 replicates of 8 serum samples containing different concentrations of human Ghrelin. Two standard curves were run on each plate. Data below show the mean human Ghrelin concentration and the coefficient of variation for each

sample (see Table 3). The calculated overall intra-assay coefficient of variation was 6.0%.

Table 3 The mean human Ghrelin concentration and the coefficient of variation for each sample.

Sample	Experiment	Mean human Ghrelin concentration (pg/mL)	Coefficient of variation (%)
	1	1,947.3	6.0
1	2	1,895.1	3.6
	3	2,082.0	3.3
	1	611.9	8.1
2	2	581.1	2.4
	3	661.9	4.4
	1	521.0	8.1
3	2	512.6	7.3
	3	557.8	3.3
	1	241.6	19.2
4	2	207.8	14.3
	3	286.2	4.7
	1	1,148.5	4.5
5	2	1,016.5	5.0
	3	1,207.1	3.7
	1	1,876.5	3.0
6	2	1,661.8	4.5
	3	2,008.5	3.1
	1	1,035.4	5.6
7	2	894.6	5.8
	3	1,075.1	5.6
	1	1,501.9	8.4
8	2	1,382.7	2.2
	3	1,620.9	7.9

Inter-assay

Assay to assay reproducibility within one laboratory was evaluated in 3 independent experiments. Each assay was carried out with 6 replicates of 8 serum and plasma samples containing different concentrations of human Ghrelin. Two standard curves were run on each plate. Data below show the mean human Ghrelin concentration and the coefficient of variation calculated on 18 determinations of each sample (see Table 4). The calculated overall inter-assay coefficient of variation was 8.5%.

Table 4 The mean human Ghrelin concentration and the coefficient of variation of each sample.

Sample	Mean human Ghrelin concentration (pg/mL)	Coefficient of variation (%)
1	1,974.8	4.9
2	618.3	6.6
3	530.5	4.5
4	245.2	16.0
5	1,124.1	8.7
6	1,848.9	9.5
7	1,001.7	9.5
8	1,501.8	7.9

Spike recovery

The spike recovery was evaluated by spiking 3 levels of human Ghrelin into serum, plasma (EDTA, heparin, citrate), and cell culture supernatant. Recoveries were determined with 2 replicates each. The amount of endogenous human Ghrelin in unspiked samples was subtracted from the spike values.

Sample matrix	Spike high Mean (%)	Spike medium Mean (%)	Spike low Mean (%)
Serum	87	101	109
Plasma (EDTA)	84	97	93
Plasma (citrate)	105	114	125
Plasma (heparin)	105	83	94
Cell culture supernatant	92	94	100

Dilution parallelism

Serum, plasma (citrate, heparin, EDTA) and cell culture supernatant samples with different levels of human Ghrelin were analyzed at serial 2-fold dilutions with 4 replicates each.

Sample matrix	Dilution	Recovery of exp. val. mean (%)
	1:4	104
Serum	1:8	108
	1:16	100
	1:4	97
Plasma (EDTA)	1:8	105
	1:16	105
	1:4	97
Plasma (citrate)	1:8	104
	1:16	113
	1:4	113
Plasma (heparin)	1:8	115
·	1:16	118
0.1111	1:4	97
Cell culture	1:8	110
supernatant	1:16	127

Sample stability

Freeze-Thaw stability

Aliquots of serum and plasma samples (spiked or unspiked) were stored at -20°C and thawed 3 times, and the human Ghrelin levels determined. There was a significant loss of human Ghrelin immunoreactivity of > 30% detected after freezing and thawing 3 times.

Storage stability

Aliquots of serum and plasma samples (spiked or unspiked) were stored at -20° C, $2-8^{\circ}$ C, room temperature, and at 37° C, and the human Ghrelin level determined after 24 hours.

There was a significant loss of human Ghrelin immunoreactivity detected under above conditions (14% at 2–8°C, 23% at room temperature, and 30% at 37°C).

Specificity

The assay detects both natural and recombinant human Ghrelin. The cross-reactivity and interference of circulating factors of the immune system was evaluated by spiking these proteins at physiologically relevant concentrations into a human Ghrelin positive sample. No cross-reactivity or interference was detected.

Expected values

Panels of 40 serum as well as plasma samples (citrate, heparin, EDTA) from randomly selected donors (males and females) were tested for human Ghrelin.

Table 5

Sample matrix	Number of samples evaluate d	Mean (pg/mL)	Minimum (pg/mL)	Maximum (pg/mL)	SD (pg/mL)
Serum	40	304	0	Saturation	367
EDTA plasma	40	915	104	Saturation	316
Citrate plasma	40	637	106	Saturation	445
Heparin plasma	37	515	0	Saturation	322

Reagent preparation summary

Wash buffer (1x)

Add Wash Buffer Concentrate 20x (50 mL) to 950 mL distilled water.

Number of Strips	Wash Buffer Concentrate (mL)	Distilled Water (mL)
1 - 6	25	475
1 - 12	50	950

Assay buffer (1x)

Add Assay Buffer Concentrate 20x (5 mL) to 95 mL distilled water.

Number of Strips	Assay Buffer Concentrate (mL)	Distilled Water (mL)
1 - 6	2.5	47.5
1 - 12	5.0	95.0

Biotin-Coniugate

Make a 1:100 dilution of Biotin-Conjugate with Assay Buffer (1x)

Number of Strips	Biotin-Conjugate (mL)	Assay Buffer (1x) (mL)
1 - 6	0.03	2.97
1 - 12	0.06	5.94

Streptavidin-HRP

Make a 1:100 dilution of Streptavidin-HRP with Assay Buffer (1x).

Number of Strips	Streptavidin-HRP (mL)	Assay Buffer (1x) (mL)
1 - 6	0.06	5.94
1 - 12	0.12	11.88

Human Ghrelin standard

Reconstitute lyophilized human Ghrelin with distilled water. (Reconstitution volume is stated on the label of the standard vial.)

Test protocol summary

Note: If instructions in this protocol have been followed, samples have been diluted 1:4 and the concentration read from the standard curve must be multiplied by the dilution factor (x4).

- 1. Determine the number of microwell strips required.
- 2. Wash microwell strips twice with Wash Buffer.
- 3. Standard dilution on the microwell plate: Add 100 μ l Sample Diluent, in duplicate, to all standard wells. Pipette 100 μ l prepared standard into the first wells and create standard dilutions by transferring 100 μ l from well to well. Discard 100 μ l from the last wells.
- **4.** Add 100 μL of Sample Diluent to the blank wells.
- Add 75 μL Sample Diluent in duplicate to designated sample wells.

- 6. Add $25 \mu L$ of each sample in duplicate to the sample wells.
- 7. Prepare Biotin-Conjugate (see "Biotin-Conjugate" on page 3).
- 8. Add 50 µL diluted Biotin-Conjugate to all wells.
- 9. Cover microwell strips and incubate 2 hours at room temperature (18–25°C), on a microplate shaker.
- 10. Prepare Streptavidin-HRP (see "Streptavidin-HRP" on page 3).
- 11. Empty and wash microwell strips 6 times with Wash Buffer.
- 12. Add 100 µL diluted Streptavidin-HRP to all wells.
- **13.** Cover microwell strips and incubate 1 hour at room temperature (18–25°C), on a microplate shaker.
- 14. Empty and wash microwell strips 6 times with Wash Buffer.
- 15. Add 100 µL of TMB Substrate Solution to all wells.
- **16.** Incubate the microwell strips for about 30 minutes at room temperature (18–25°C)
- 17. Add 100 µL Stop Solution to all wells.
- 18. Blank microwell reader and measure color intensity at 450 nm.

Customer and technical support

Visit **thermofisher.com/support** for the latest service and support information.

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- Order and web support
- Product documentation
 - User guides, manuals, and protocols
 - Certificates of Analysis
 - Safety Data Sheets (SDSs; also known as MSDSs)
 Note: For SDSs for reagents and chemicals from other manufacturers, contact the manufacturer.

Limited product warranty

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