

METHOD FOR PYRUVATE SAMPLE COLLECTION

Make up an 8% solution of perchloric acid (PCA, Perchloric acid 60% Fisher A-228-6) by diluting 13.3 ml of 60% PCA to 100 ml in distilled water. This solution is stable refrigerated for 6 months.

Immediately after blood collection, add exactly 2 ml of blood to 2 ml of 8% PCA. Mix and place on ice for 10 minutes to insure complete precipitation of protein. Centrifuge, pull off clear supernatant, then freeze supernatant. The frozen samples should be shipped on dry ice by an overnight delivery service. Samples should be collected pre-exercise, post 10 minutes of exercise, and after 30 minutes of rest and paired with plasma samples collected in sodium fluoride/potassium oxalate tubes for lactate analysis. The plasma for lactate analysis should also be separated, frozen and shipped on dry ice with the pyruvate samples.

Please call if you have any questions. (858) 534-1537