

Human Follistatin (FST) ELISA Kit

Cat #: orb1807521 (manual)

For research use only. Not intended for diagnostic use.

Product Features

Intended Use

This ELISA kit applies to the in vitro quantitative determination of Human FST concentrations in serum, plasma and other biological fluids.

Sensitivity	0.15 ng/mL
Detection Range	0.25-16ng/mL
Specificity	This kit recognizes Human FST in samples. No significant cross-reactivity or interference between Human FST and analogs was observed.
Repeatability	Coefficient of variation is $\leq 10\%$

Internal Test Data: N/A

Assay Principle

This ELISA kit uses the Sandwich-ELISA principle. The micro ELISA plate provided in this kit has been pre-coated with an antibody specific to Human FST. Samples (or Standards) are added to the micro ELISA plate wells and combined with the specific antibody. Then a biotinylated detection antibody specific for Human FST and Avidin-Horseradish Peroxidase (HRP) conjugate are added successively to each micro plate well and incubated. Free components are washed away. The substrate solution is added to each well. Only those wells that contain Human FST, biotinylated detection antibody and Avidin-HRP conjugate will appear blue in color. The enzyme-substrate reaction is terminated by the addition of stop solution and the color turns yellow. The optical density (OD) is measured spectrophotometrically at a wavelength of 450 nm. The OD value is proportional to the concentration of Human FST. You can calculate the concentration of Human FST in the samples by comparing the OD of the samples to the standard curve.

Kit Components

An unopened kit can be stored at 2-8°C for 6 months. If the opened kit is not used up, store the items separately according to the following conditions.

Item	Specifications	Storage
Micro ELISA Plate (Dismountable)	96T: 8 wells ×12 strips 48T: 8 wells ×6 strips	-20°C, 6 months
Reference Standard	96T: 2 vials 48T: 1 vial	
Concentrated Biotinylated Detection Ab (100×)	96T: 1 vial, 120μL 48T: 1 vial, 60μL	
Concentrated HRP Conjugate (100×)	96T: 1 vial, 120μL 48T: 1 vial, 60μL	-20°C, 6 months
Reference Standard & Sample Diluent	1 vial, 20 mL	2-8°C, 6 months
Biotinylated Detection Ab Diluent	1 vial, 13 mL	
HRP Conjugate Diluent	1 vial, 13mL	
Concentrated Wash Buffer (25×)	1 vial, 30 mL	
Substrate Reagent	1 vial, 10 mL	2-8°C (Protect from light)
Stop Solution	1 vial, 10 mL	2-8°C, 6 months
Plate Sealer	5 pieces	RT
Product Description	1 copy	

Note: All reagent bottle caps must be tightened to prevent evaporation and microbial pollution. The volume of reagents in partial shipments is a little more than the volume marked on the label, please use accurate measuring equipment instead of directly pouring into the vial(s).

■ Note for Kit

1. Please wear lab coats, goggles and latex gloves for protection. Please perform the experiment following the national security protocols of biological laboratories, especially when detecting blood samples or other bodily fluids.
2. A freshly opened ELISA plate may appear a water like substance, which is normal and will not have any impact on the experimental results. Return the unused wells to the foil pouch and store according to the conditions suggested in the above table.
3. Do not reuse the reconstituted standard, biotinylated detection Ab working solution, concentrated HRP conjugate working solution. The unspent undiluted concentrated biotinylated detection Ab (100×) and other stock solutions should be stored according to the storage conditions in the table.
4. Do not use expired reagents. If using the kit in multiple sessions, prepare each component according to the required amount to avoid waste and ensure proper use in subsequent experiments. It is recommended to keep the microplate frame, return any unused wells to the aluminum foil bag, and ensure that all components are used within their shelf life.
5. Do not mix or substitute reagents from other batches or sources with those provided in this kit.
6. Do not reuse diluted standards, biotinylated antibody working solutions, or

enzyme conjugate working solutions. The highest concentration standard working solution can be stored at -20°C for up to two weeks but should not be freeze-thawed repeatedly.

7. It is recommended that all samples and standards be assayed in duplicate.

Materials Required but Not Supplied

1. Microplate reader with 450 nm wavelength filter (preheat it for 15 min before OD measurement)
2. High-precision transfer pipette, EP tubes and disposable pipette tips
3. Incubator capable of maintaining 37°C
4. Deionized or distilled water
5. Absorbent paper
6. Loading slot

Sample Preparation

Sample Collection

1. **Serum:** Allow samples to clot for 1 hour at room temperature or overnight at 2-8°C before centrifugation for 20 min at 1000 × g at 2-8°C. Collect the supernatant to carry out the assay.
2. **Plasma:** Collect plasma using EDTA-Na₂ as an anticoagulant. Centrifuge samples for 15 min at 1000 × g at 2-8°C within 30 min of collection. Collect the supernatant to carry out the assay.
3. **Cell culture supernatant:** Centrifuge samples for 20 min at 1000 × g at 2-8°C. Collect the supernatant to carry out the assay.

Sample Testing Protocol

1. Fresh samples without long time storage is recommended for the test. Otherwise, protein degradation and denaturalization may occur in those samples and finally lead to wrong results.
2. We are only responsible for the kit itself, but not for the samples consumed during the assay. The users should calculate the possible amount of the samples used in the whole test. Please reserve sufficient samples in advance.
3. The detection range of the kit is not equivalent to the concentration range of the analyte in the sample. It is recommended to consult reference, conduct preliminary experiments, or seek technical support to estimate the concentration of the analyte in your sample. If the analyte concentration in the sample is too high or too low, appropriate dilution or concentration of the sample should be performed.
4. If the sample type is not included in the manual, a preliminary experiment is suggested to verify the validity.

■ Note for Sample

1. The blood collection tubes should be single-use, pyrogen-free, and endotoxin-free. Whole blood samples should not be directly frozen; they must be processed into serum or plasma for testing or storage.
2. For ELISA experiments, common anticoagulants such as sodium and potassium EDTA, and heparin salts can be used to collect plasma samples. However, for other experiments, such as biochemical assays, the researcher should assess the impact of the anticoagulants.

3. Samples should be assayed within 7 days when stored at 2-8°C, otherwise samples must be divided up and stored at -20°C (≤ 1 month) or -80°C (≤ 3 months). Avoid repeated freeze thaw cycles. Prior to assay, the frozen samples should be slowly thawed and centrifuged to remove precipitates.
4. Do not use lysis buffers containing surfactants (such as SDS) or organic reagents (such as methanol) to prepare tissue homogenates, cell lysates, or other types of samples.
5. Some recombinant protein may not be detected due to a mismatching with the coated antibody or detection antibody.

Reagent Preparation

1. Bring all reagents to room temperature (18-25°C) before If the kit will not be used up in one assay, please only take out the necessary strips and reagents for present experiment and store the remaining strips and reagents at required condition.
2. Wash Buffer: Dilute 30 mL of Concentrated Wash Buffer with 720 mL of deionized or distilled water to prepare 750 mL of Wash Buffer. Note: if crystals have formed in the concentrate, warm it in a 40 °C water bath and mix it gently until the crystals have completely dissolved.
3. Standard working solution:
 - ① Centrifuge: Centrifuge the standard at 10,000×g for 1 min.
 - ② Add 1mL of Reference Standard & Sample Diluent, let it stand for 10 min and invert it gently several times. After it dissolves fully, mix it thoroughly with a pipette. This reconstitution produces a working solution of 16ng/mL.
 - ③ Serial dilution: Take 7 EP tubes, adding 250 μ L of reference standard & sample dilution buffer to each tube (The volume can be adjusted based on actual usage, e.g., 500 μ L/ tube). Transfer 250 μ L of the 16ng/mL standard working solution into the first tube and mix thoroughly to obtain the 8ng/mL standard working solution. Continue the dilution step by step until the second-to-last tube. The last tube will serve as the blank, and no solution should be transferred from the second-to-last tube. The standard working solution should be freshly prepared and used immediately.



16	8	4	2	1	0.5	0.25	0
ng/mL	ng/mL	ng/mL	ng/mL	ng/mL	ng/mL	ng/mL	ng/mL

4. Biotinylated Detection Ab working solution: Calculate the required amount before the experiment (100 μ L/well). In preparation, slightly more than calculated should be prepared. Centrifuge the

Concentrated Biotinylated Detection Ab at 800×g for 1 min, then dilute the 100× Concentrated Biotinylated Detection Ab to 1× working solution with Biotinylated Detection Ab Diluent (Concentrated Biotinylated Detection Ab: Biotinylated Detection Ab Diluent= 1: 99).

5. HRP Conjugate working solution: Calculate the required amount before the experiment (100µL/well). In preparation, slightly more than calculated should be prepared. Centrifuge the Concentrated HRP Conjugate at 800×g for 1 min, then dilute the 100× Concentrated HRP Conjugate to 1× working solution with HRP Conjugate Diluent (Concentrated HRP Conjugate: HRP Conjugate Diluent= 1: 99).

6. Experimental Operation Tips

- ① Solutions should be added to the bottom of the micro ELISA plate well, avoid touching the inside wall and causing foaming as much as possible.
- ② Make the tested strips in use immediately after the wash step. Do not allow wells to be dry.
- ③ After adding the Substrate Reagent. The reaction time can be shortened or extended according to the actual color change, but not more than 30 min.
- ④ Adding the stop solution should be done in the same order as the substrate solution.

Assay Procedure

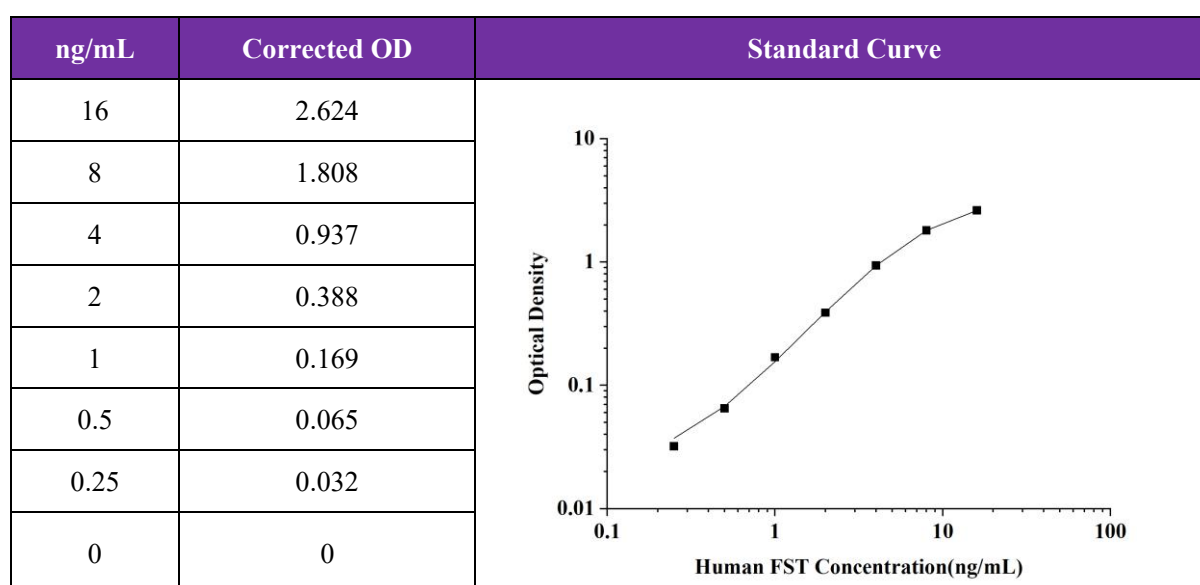
1. Determine wells for diluted standard, blank and sample. Add 100µL each dilution of standard, blank and sample into the appropriate wells.
2. Cover the plate with the sealer provided in the kit. Incubate for 90 min at 37°C. Decant the solution from each well and pat it dry against clean absorbent paper.
3. Add 300µL of wash buffer to each well. Soak for 0.5 min and aspirate or decant the solution from each well and pat it dry against clean absorbent paper. Repeat this wash step 3 times.
4. Add 100µL of Biotinylated Detection Ab working solution to each well. Cover the plate with a new sealer. Incubate for 1 hour at 37°C.
5. Decant the solution from each well, repeat the wash process for 3 times as conducted in step 3.
6. Add 100 µ L of HRP Conjugate working solution to each well. Cover the plate with a new sealer. Incubate for 30 min at 37°C.
7. Decant the solution from each well, repeat the wash process for 3 times as conducted in step 3.
8. Add 100µL of Substrate Reagent to each well. Cover the plate with a new sealer. Incubate for about 15 min at 37°C. Protect the plate from light.
9. Add 50µL of Stop Solution to each well.
10. Determine the Optical Density of each well at once with a micro plate reader set to 450 nm.

Assay Procedure Summary



Calculation of Results

1. The reference standard curve in this manual is for guidance only. The experimenter should use the standard data from each experiment to construct the standard curve and calculate the concentration of the target substance in the sample.
2. When constructing the standard curve, first calculate the average OD values of the standards and sample replicates, and subtract the OD value of the blank well as the correction value. Then, plot the concentration on the X-axis and the corrected OD values on the Y-axis, and use software to perform a nonlinear four-parameter logistic (4PL) fit. This will provide the standard curve, from which the sample concentration can be calculated.
3. The actual concentration is the calculated concentration multiplied by the dilution factor.



Performance

Specificity

This kit is designed for the detection of Human FST. It has been tested and shows no significant cross-reactivity with other similar substances. However, due to technical limitations and the variability of sample sources, it is not possible to test all related or similar substances for cross-reactivity. Therefore, this kit may potentially exhibit cross-reactivity with other substances that have not been tested.

Sensitivity

The minimum detectable Human FST is 0.15 ng/mL. Sensitivity is determined by calculating the average OD value of 20 blank wells plus 3 times the standard deviation, then converting it to the corresponding concentration.

Repeatability

The precision of this kit is $\leq 10\%$, meeting the precision quality control standard. Precision is divided into intra-plate precision and inter-plate precision. It is evaluated by the coefficient of variation (CV) of sample values measured using the same batch and different batches of the kit.

$$CV (\%) = \text{Standard Deviation (SD)} / \text{Mean} \times 100.$$

Recovery

The recovery rate of this kit is 80-120%, meeting the recovery rate quality control standard. The recovery

rate is divided into spiked recovery and sample dilution linear recovery.

Spiked Recovery: Known concentrations of Human FST are added to different samples for recovery experiments, resulting in the recovery rate range and average value.

Sample Dilution Linear Recovery: Samples containing Human FST are diluted at different ratios (e.g., 2x, 4x, etc.), and the recovery rate range and average value are determined.

Stability

It has been determined that when stored according to the instructions, the kit performs best within its expiration date.

ELISA Troubleshooting

High background/non-specific staining

Description of results	Possible reason	Recommendations and precautions
After termination, the whole plate results show a uniform yellow or light color; or the Standard curve is linear but the background is too high	The yellowing of the whole plate may be caused by wrong addition of other reagents	Check the components and lot numbers of the reagents before the experiment, and confirm that all components belong to the corresponding kit. Reagents from different kits or different lot numbers cannot be mixed.
	ELISA plate was not washed sufficiently	Make sure that the same amount of Washing Solution is added to each microwell during the washing process. After washing, press the ELISA plate firmly on the absorbent paper to remove the residual buffer.
	Incubation time too long	Please strictly follow the steps of the manual
	Streptavidin-HRP contaminates the tip and TMB container or positive control contaminates the Pre-coated Microplate	When absorbing different reagents, the tips should be replaced. When configuring different reagent components, different storage vessels should be used. Please use a pipette during operation.
	Biotinylated Antibody or Streptavidin-HRP concentration too high	Check whether the concentration calculation is correct or use after further dilution.
	Substrate exposure or contamination prior to use	Store in the dark at all times before adding substrate.
	Color development time is too long	Please strictly follow the steps of the manual.
	The wrong filter was used when the absorbance value was read	When TMB is used as the substrate, the absorbance should be read at 450 nm.

NO color plates

Description of results	Possible reason	Recommendations and precautions
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After the color development step, all wells of the ELISA plate are colorless; the positive control is not obvious	Mixed use of component reagents	Please read labels clearly when preparing or using
	In the process of plate washing and sample enzyme contaminated addition, the marker is and inactivated, and loses its ability to catalyze the color developing agent	Confirm that the container holding the ELISA plate does not contain enzyme inhibitors (such as NaN_3 , etc.) and confirm that the container for preparing the Wash Solution has been washed.
	Missing a reagent or a step	Review the manual in detail and strictly follow the operating steps

Light color

Description of results	Possible reason	Recommendations and precautions
The Standard is normal, the color of the sample is light	The sample uses NaN_3 preservative, which inhibits the reaction of the enzyme	Samples cannot use NaN_3
	The sample to be tested may not contain strong positive samples, so the result may be normal	In case of doubt, please test again.
The visual result is normal, but the reading value of the microplate reader is low	Wrong filter used for absorbance reading	When TMB is used as the substrate, the absorbance should be read at 450 nm.
All wells, including Standard and Samples, are lighter in color	Insufficient incubation time	Timer accurate timing
	Insufficient color reaction	Usually 15 - 30 minutes
	The number of washings increases, and the dilution ratio of the concentrated lotion does not meet the requirements	Reduce the impact of washing, dilute the concentrated lotion and washing time according to the manual, and accurately record the washing times and dosage.
	Distilled water quality problem	The prepared lotion must be tested to see if the pH value is neutral.
	In the process of plate washing and sample addition, the enzyme marker is contaminated and inactivated, and loses its ability to catalyze the color developing agent.	Confirm that the container holding the ELISA plate does not contain enzyme inhibitors (such as NaN_3 , etc.), confirm that the container for preparing the Washing Solution has been washed, and confirm that the purified water for preparing the Washing Solution meets the requirements and is not contaminated.

	The kit has expired or been improperly stored	Please use it within the expiration and store it in accordance with the storage conditions recommended in the manual to avoid contamination.
	Reagents and samples are not equilibrated before use	All reagents and samples should be equilibrated at room temperature for about 30 minutes.
	Insufficient suction volume of the pipette, too fast discharge of pipetting suction, too much liquid hanging on the inner wall of the tip or the inner wall is not clean.	To calibrate the pipette, the tips should be matched, each time the tips should fit tightly, the pipetting should not be too fast, and the discharge should be complete. The inner wall of the tips should be clean, and it is best to use it once.
Poor repeatability	Incubation temperature constant temperature effect is not good	Keep the temperature constant to avoid the local temperature being too high or too low
	When adding liquid, too much remains on the medial wall of wells	When adding liquid, the tip should try to add liquid along the bottom of the medial wall of wells without touching the bottom of the hole.
	Reuse of consumables	The tips should be replaced when different reagents are drawn, and different storage vessels should be used when configuring different reagent components.
	The bottom of the microwell is scratched or there is dirt	Be careful when operating, be careful not to touch the bottom and wipe the bottom of the microplate to remove dirt or fingerprints.
	Cross-contamination during sample addition	Technical repetition of the same sample for 3 times, including more than 2 approximate values. Try to avoid cross-contamination when adding samples
The color of plate is chaotic and irregular	Cross-contamination from manual plate washing	When washing the plates by hand, the first 3 injections of the lotion should be discarded immediately, and the soaking time should be set for the next few times to reduce cross-contamination.
	Cross-contamination when clapping	Use a suitable absorbent paper towel when clapping the plate, do not pat irrelevant substances into the well of the plate, and try not to pat in the same position to avoid cross-contamination.

Description of results	Possible reason	Recommendations and precautions
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The color of plate is chaotic and irregular	The liquid filling head of the plate washer is blocked, resulting in unsatisfactory liquid addition or large residual amount of liquid suction, resulting in the color of plate is chaotic and irregular	Unblock the liquid addition head, so that each well is filled with washing liquid when washing the plate and the residual amount should be small when aspirating liquid.
	Incomplete centrifugation of the sample, resulting in coagulation in the reaction well or interference of sediment or residual cellular components	Serum plasma should be fully centrifuged at 3000 rpm for more than 6 minutes
	The sample is stored for too long time, resulting in contamination.	Samples should be kept fresh or stored at low temperature to prevent contamination
	Incorrect preparation of Washing Solution or direct misuse of concentrated Washing Solution	Please configure according to the manual

Declaration

1. Limited by current conditions and scientific technology, we can't conduct comprehensive identification and analysis of all the raw material provided. There might be some qualitative and technical risks for users using the kit.
2. This assay is designed to eliminate interference by factors present in biological samples. Until all factors have been tested in the ELISA immunoassay, the possibility of interference cannot be excluded.
3. The final experimental results will be closely related to the validity of products, operational skills of the operators, the experimental environments and so on. We are only responsible for the kit itself.
4. To get the best results, please only use the reagents supplied by the manufacturer and strictly comply with the instructions.
5. Incorrect results may occur because of incorrect operations during the reagents preparation and loading, as well as incorrect parameter settings of the Micro plate reader. Please read the instructions carefully and adjust the instrument prior to the experiment.
6. Even the same operator might get different results in two separate experiments. To get reproducible results, the operation of every step in the assay should be controlled.
7. Every kit has strictly passed QC test. However, results from end users might be inconsistent with our data due to some variables such as transportation conditions, different lab equipment, and so on. Intra assay variance among kits from different batches might arise from the above reasons too.
8. Kits from different manufacturers or other methods for testing the same analyte could bring out inconsistent results, since we haven't compared our products with those from other manufacturers.
9. The kit is designed for research use only; we will not be responsible for any issues if the kit is applied in clinical diagnosis or any other related procedures.