

## Human Growth Hormone ELISA Kit

### **Preparation**

#### • **Plate Washing**

Discard the solution in the plate without touching the side walls. Blot the plate onto paper towels or other absorbent material. Soak each well with at least 0.3 ml PBS or TBS buffer for 1~2 minutes. Repeat this process two additional times for a total of THREE washes.

**Note:** For automated washing, aspirate all wells and wash THREE times with PBS or TBS buffer, overfilling wells with PBS or TBS buffer. Blot the plate onto paper towels or other absorbent material.

#### • **Sample Preparation and Storage**

Store samples to be assayed within 24 hours at 2-8°C. For long-term storage, aliquot and freeze samples at -20°C. Avoid repeated freeze-thaw cycles.

- **Cell culture supernate, tissue lysate or body fluids:** Remove particulates by centrifugation, analyze immediately or aliquot and store at -20°C
- **Serum:** Allow the serum to clot in a serum separator tube (about 2 hours) at room temperature or coat at 4°C overnight. Centrifuge at approximately 1000 X g for 10 min. Analyze the serum immediately or aliquot and store frozen at -20°C.
- **Plasma:** Collect plasma using EDTA as an anticoagulant. Centrifuge for 15 min at 1000 x g within 30 min of collection. Analyze immediately or aliquot and store frozen at -20°C. Heparin and citrate are not recommended as the anticoagulant.

#### • **Sample Dilution Guideline**

The user needs to estimate the concentration of the target protein in the sample and select a proper dilution factor so that the diluted target protein concentration falls near the middle of the linear regime in the standard curve. Dilute the sample using the provided diluent buffer. The following is a guideline for sample dilution. Several trials may be necessary in practice. **The sample must be well mixed with the diluents buffer.**

- **High target protein concentration (10-100ng/ml).** The working dilution is 1:100. i.e. Add 1 µl sample into 99 µl sample diluent buffer.
- **Medium target protein concentration (1-10ng/ml).** The working dilution is 1:10. i.e. Add 10 µl sample into 90 µl sample diluent buffer.
- **Low target protein concentration (15.6-1000pg/ml).** The working dilution is 1:2. i.e. Add 50 µl sample to 50 µl sample diluent buffer.
- **Very Low target protein concentration (≤15.6pg/ml).** No dilution necessary, or the working dilution is 1:2.

#### • **Reagent Preparation and Storage**

A. Reconstitution of the human Growth Hormone standard: Growth Hormone standard solution should be prepared no more than 2 hours prior to the experiment. Two tubes of Growth Hormone standard (10ng per tube) are included in each kit. Use one tube for each experiment.

- a. 10,000pg/ml of human Growth Hormone standard solution: Add 1 ml sample diluent buffer into one tube, keep the tube at room temperature for 10 min and mix thoroughly.
- b. 1000pg/ml of human Growth Hormone standard solution: Add 0.1 ml of the above 10ng/ml Growth

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Hormone standard solution into 0.9 ml sample diluent buffer and mix thoroughly.

- c. 500pg/ml→15.6pg/ml of human Growth Hormone standard solutions: Label 6 Eppendorf tubes with 500pg/ml, 250pg/ml, 125pg/ml, 62.5pg/ml, 31.3pg/ml, 15.6pg/ml, respectively. Aliquot 0.3 ml of the sample diluent buffer into each tube. Add 0.3 ml of the above 1000pg/ml Growth Hormone standard solution into 1st tube and mix. Transfer 0.3 ml from 1st tube to 2nd tube and mix. Transfer 0.3 ml from 2nd tube to 3rd tube and mix, and so on.

**Note:** The standard solutions are best used within 2 hours. The 10 ng/ml standard solution may be stored at 4°C for up to 12 hours, or at -20°C for up to 48 hours. Avoid repeated freeze-thaw cycles.

- B. Preparation of biotinylated anti-human Growth Hormone antibody working solution: The solution should be prepared no more than 2 hours prior to the experiment.
  - a. The total volume should be: 0.1ml/well x (the number of wells). (Allowing 0.1-0.2 ml more than total volume)
  - b. Biotinylated anti-human Growth Hormone antibody should be diluted in 1:99 with the antibody diluent buffer and mixed thoroughly.
- C. Preparation of Avidin-Biotin-Peroxidase Complex (ABC) working solution: The solution should be prepared no more than 1 hour prior to the experiment.
  - a. The total volume should be: 0.1ml/well x (the number of wells). (Allowing 0.1-0.2 ml more than total volume)
  - b. Avidin- Biotin-Peroxidase Complex (ABC) should be diluted in 1:99 with the ABC dilution buffer and mixed thoroughly.

### **Assay Procedure**

The ABC working solution and TMB color developing agent must be kept warm at 37°C for 30 min before use. When diluting samples and reagents, they must be mixed completely and evenly. Standard Growth Hormone detection curve should be prepared for each experiment. The user will decide sample dilution fold by crude estimation of Growth Hormone amount in samples.

1. Aliquot 0.1ml per well of the 1000pg/ml, 500pg/ml, 250pg/ml, 125pg/ml, 62.5pg/ml, 31.3pg/ml, 15.6pg/ml human Growth Hormone standard solutions into the precoated 96-well plate. Add 0.1ml of the sample diluent buffer into the control well (Zero well). Add 0.1ml of each properly diluted sample of human sera, plasma, body fluids, tissue lysates or cell culture supernatants to each empty well. **See “Sample Dilution Guideline” above for details.** We recommend that each human Growth Hormone standard solution and each sample is measured in duplicate.
2. Seal the plate with the cover and incubate at 37°C for 90 min.
3. Remove the cover, discard plate content, and blot the plate onto paper towels or other absorbent material. Do NOT let the wells completely dry at any time.
4. Add 0.1ml of biotinylated anti-human Growth Hormone antibody working solution into each well and incubate the plate at 37°C for 60 min.
5. Wash the plate three times with 0.01M TBS or 0.01M PBS, and each time let washing buffer stay in the wells for 1 min. Discard the washing buffer and blot the plate onto paper towels or other absorbent material.
6. Add 0.1ml of prepared ABC working solution into each well and incubate the plate at 37°C for 30 min.
7. Wash plate 5 times with 0.01M TBS or 0.01M PBS, and each time let washing buffer stay in the wells for 1-2 min. Discard the washing buffer and blot the plate onto paper towels or other absorbent material.
8. Add 90 µl of prepared TMB color developing agent into each well and incubate plate at 37°C for 18-22

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min (shades of blue can be seen in the wells with the four most concentrated human Growth Hormone standard solutions; the other wells show no obvious color).

9. Add 0.1ml of prepared TMB stop solution into each well. The color changes into yellow immediately.
10. Read the O.D. absorbance at 450nm in a microplate reader within 30 min after adding the stop solution.

For calculation, (the relative O.D.<sub>450</sub>) = (the O.D.<sub>450</sub> of each well) – (the O.D.<sub>450</sub> of Zero well). The standard curve can be plotted as the relative O.D.<sub>450</sub> of each standard solution (Y) vs. the respective concentration of the standard solution (X). The human Growth Hormone concentration of the samples can be interpolated from the standard curve.

**Note:** if the samples measured were diluted, multiply the dilution factor to the concentrations from interpolation to obtain the concentration before dilution.

### Summary

1. Add samples and standards and incubate the plate at 37°C for 90 min. Do not wash.
2. Add biotinylated antibodies and incubate the plate at 37°C for 60 min. Wash plate 3 times with 0.01M TBS.
3. Add ABC working solution and incubate the plate at 37°C for 30 min. Wash plate 5 times with 0.01M TBS.
4. Add TMB color developing agent and incubate the plate at 37°C for 18-22 min.
5. Add TMB stop solution and read.

### Typical Data Obtained from Human Growth Hormone

(TMB reaction incubate at 37°C for 18 min)

Concentration	0.0pg/ml	15.6pg/ml	31.3pg/ml	62.5pg/ml	125pg/ml	250pg/ml	500pg/ml	1000pg/ml
O.D	0.057	0.098	0.136	0.214	0.365	0.705	1.148	1.895

### Typical Human Growth Hormone ELISA Kit Standard Curve

This standard curve was generated at Biorbyt for demonstration purpose only. A standard curve must be run with each assay.

