



Catalog Number: AE58414HU

Species: Human

Size: 96 Tests

Instruction manual

FOR RESEARCH USE ONLY. NOT FOR USE IN DIAGNOSTIC PROCEDURES.

---

## Human Leptin (LEP) ELISA Kit

### **【INTENDED USE】**

For the quantitative detection of **Human Leptin (LEP)** concentration in **serum, plasma, cell culture supernates, tissue homogenates, cell lysates and other biological fluids.**

This package insert must be read in its entirety before using this product.

### **If You Have Problems**

Our expert Technical Support Staff is available to assist you in answering your questions and resolving issues to ensure complete customer satisfaction.

### **Please Contact Us**

**Tel:** (86)-27-65523378

**Fax:** (86)-27-65523378

**Email:** [sales@abebio.com](mailto:sales@abebio.com)  
[service@abebio.com](mailto:service@abebio.com)

**Website:** [www.abebio.com](http://www.abebio.com)

In order to obtain higher efficiency service, please ready to supply the lot number of the kit to us (found on the outside of the box).

**【REAGENTS AND MATERIALS PROVIDED】**

Reagents	Quantity	Reagents	Quantity
Assay plate (96 Wells)	1	Instruction manual	1
Standard (lyophilized)	2	Sample Diluent	1 x 20 mL
Biotin-Conjugate (concentrate 100 x)	1 x 120 $\mu$ L	Biotin-Conjugate Diluent	1 x 12 mL
Streptavidin-HRP (concentrate 100 x)	1 x 120 $\mu$ L	Streptavidin-HRP Diluent	1 x 12 mL
Wash Buffer (concentrate 25 x)	1 x 20 mL	Substrate Solution	1 x 10 mL
Stop Solution	1 x 6 mL	Adhesive Films	4

**【MATERIALS REQUIRED BUT NOT SUPPLIED】**

- ※ Microplate reader capable of measuring absorbance at 450 nm, with the correction wavelength set at 540 nm or 570 nm.
- ※ Precision single or multi-channel pipettes and disposable tips.
- ※ Deionized or distilled water.
- ※ Eppendorf Tubes for serial dilution samples.
- ※ Container for Wash Solution.
- ※ Absorbent paper for blotting the microtiter plate.

### **【STORAGE】**

<b>Unopened kit</b>	Store at 2 - 8°C if use within 2 months. Store at -20°C if use after 2 months. Do not use expired kit.	
<b>Opened kit</b>	Coated assay plate	Can be stored for 1 month at most at 2 - 8°C/ -20°C. Return unused wells to the foil pouch containing the desiccant pack, reseal along entire edge of zip-seal, and avoid the damp.
	Standard	Can be stored for 1 month at most at 2 - 8°C/ -20°C.
	Biotin-Conjugate	
	Streptavidin-HRP	
	Sample Diluent	
	Biotin-Conjugate Diluent	
	Streptavidin-HRP Diluent	
	Wash Buffer	
	Substrate Solution	
Stop Solution		

**\*Once the standard is reconstituted it must be used immediately and cannot be stored for repeated use.**

### **【INTRODUCTION】**

Leptin (LEP), the "satiety hormone", is a hormone made by fat cells which regulates the amount of fat stored in the body. It does this by adjusting both the sensation of hunger, and adjusting energy expenditures. Hunger is inhibited

(satiety) when the amount of fat stored reaches a certain level. Leptin is then secreted and circulates through the body, eventually activating leptin receptors in the arcuate nucleus of the hypothalamus. Energy expenditure is increased both by the signal to the brain, and directly via leptin receptors on peripheral targets. The effect of leptin is opposite to that of ghrelin, the "hunger hormone". Ghrelin receptors are on the same brain cells as leptin receptors, so these cells receive competing satiety and hunger signals. Leptin and ghrelin, along with many other hormones, participate in the complex process of energy homeostasis.

Although regulation of fat stores is deemed to be the primary function of leptin, it also plays a role in other physiological processes, as evidenced by its multiple sites of synthesis other than fat cells, and the multiple cell types beside hypothalamic cells which have leptin receptors. Many of these additional functions are yet to be defined.

#### **【PRINCIPLE OF THE ASSAY】**

This assay employs a two-site sandwich ELISA to quantitate LEP in Human serum, plasma, cell culture supernates, tissue homogenates, cell lysates. An antibody specific for LEP has been pre-coated onto a microplate. Standards and samples are pipetted into the wells and any LEP present is bound by the immobilized antibody. After removing any unbound substances, a biotin-conjugated antibody specific for LEP is added to the wells. After washing, Streptavidin conjugated Horseradish Peroxidase (HRP) is added to the wells. Following a wash to remove any unbound avidin-enzyme reagent, a substrate solution is added to the wells and color develops in proportion to the amount of LEP bound in the initial step. The color development is stopped and the intensity of the color is measured.

#### **【LIMITATIONS OF THE PROCEDURE】**

- ※ FOR RESEARCH USE ONLY. NOT FOR USE IN DIAGNOSTIC PROCEDURES.
- ※ The kit should not be used beyond the expiration date on the kit label.
- ※ Do not mix or substitute reagents with those from other lots or sources.
- ※ It is important that the Calibrator Diluent selected for the standard curve be consistent with the samples being assayed.

- ※ If samples generate values higher than the highest standard, dilute the samples with the appropriate Calibrator Diluent and repeat the assay. If cell culture supernate samples require large dilutions, perform an intermediate dilution with culture media and the final dilution with the appropriate Calibrator Diluent.
- ※ Any variation in standard diluent, operator, pipetting technique, washing technique, incubation time or temperature, and kit age can cause variation in binding.
- ※ This assay is designed to eliminate interference by soluble receptors, binding proteins, and other factors present in biological samples. Until all factors have been tested in the ELISA Kit, the possibility of interference cannot be excluded.

#### **【DETECTION RANGE】**

7.8 pg/mL - 500 pg/mL. The standard curve concentrations used for the ELISA's were 500 pg/mL, 250 pg/mL, 125 pg/mL, 62.5 pg/mL, 31.25 pg/mL, 15.6 pg/mL, 7.8 pg/mL, 0 pg/mL.

#### **【SENSITIVITY】**

The limit of detection of Human LEP 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 3.9 pg/mL (mean of 6 independent assays).

#### **【SPECIFICITY】**

This assay has high sensitivity and excellent specificity for detection of Human LEP. No significant cross-reactivity or interference between Human LEP and analogues was observed.

#### **Note:**

Limited by current skills and knowledge, it is impossible for us to complete the cross-reactivity detection between Human LEP and all the analogues, therefore, cross reaction may still exist.

### **【PRECISION】**

#### **Intra-assay Precision** (Precision within an assay)

Three samples of known concentration were tested twenty times on one plate to assess intra-assay precision.

#### **Inter-assay Precision** (Precision between assays)

Three samples of known concentration were tested in forty separate assays to assess inter-assay precision.

$CV (\%) = SD/mean \times 100$

**Intra-Assay: CV<8%**

**Inter-Assay: CV<12%**

### **【STABILITY】**

The stability of ELISA kit is determined by the loss rate of activity. The loss rate of this kit is less than 5% within the expiration date under appropriate storage condition.

The loss rate was determined by accelerated thermal degradation test. Keep the kit at 37°C for 4 and 7 days, and compare O.D.values of the kit kept at 37°C with that of at recommended temperature. (referring from China Biological Products Standard, which was calculated by the Arrhenius equation. For ELISA kit, 4 days storage at 37°C can be considered as 6 months at 2-8°C, which means 7 days at 37°C equaling 12 months at 2-8°C).

#### **Note:**

To minimize extra influence on the performance, operation procedures and lab conditions, especially room temperature, air humidity, incubator temperature should be strictly controlled. It is also strongly suggested that the whole assay is performed by the same operator from the beginning to the end.

### **【SAMPLE COLLECTION AND STORAGE】**

- **Serum** Use a serum separator tube (SST) and allow samples to clot for two hours at room temperature or overnight at 2-8°C before centrifugation for 15 minutes at 1000 × g. Remove serum and assay immediately or aliquot and store samples at ≤ -20°C. Avoid repeated freeze-thaw cycles.
- **Plasma** Collect plasma using EDTA, or heparin as an anticoagulant.

Centrifuge for 15 minutes at  $1000 \times g$  at  $2-8^{\circ}\text{C}$  within 30 minutes of collection. Assay immediately or aliquot and store samples at  $\leq -20^{\circ}\text{C}$ . Avoid repeated freeze-thaw cycles.

- **Cell Culture Supernates** Remove media and rinse cells once with ice-cold PBS (pH 7.0-7.4). Scrape cells off the plate and transfer to an appropriate tube. Dilute cell suspension with 1xPBS (pH 7.0-7.4), until cell concentration reached 100 million/ml. Then store overnight at  $-20^{\circ}\text{C}$ . After two freeze-thaw cycles to break up the cell membranes, the cell lysates were centrifuged for 5 minutes at 5000 g,  $2-8^{\circ}\text{C}$ . Collect the supernatant. Cell lysates should be assayed immediately or aliquotted and stored at  $-20^{\circ}\text{C}$ . Centrifuge the sample again after thawing before the assay. Avoid repeated freeze-thaw cycles.
- **Tissue Homogenates** 100mg tissue was rinsed with 1xPBS, homogenized in 1 mL of 1xPBS and stored overnight at  $-20^{\circ}\text{C}$ . After two freeze-thaw cycles were performed to break the cell membranes, the homogenates were centrifuged for 5 minutes at  $5000 \times g$ ,  $2-8^{\circ}\text{C}$ . The supernate was assayed and removed immediately. Alternatively, aliquot and store samples at  $-20^{\circ}\text{C}$  or  $-80^{\circ}\text{C}$ . Centrifuge the sample again after thawing before the assay. Avoid repeated freeze-thaw cycles.
- **Cell Lysates** (1) **Adherent Cell**: Remove media and rinse cells once with ice-cold PBS (pH 7.0-7.4). Scrape cells off the plate and transfer to an appropriate tube. Dilute cell suspension with 1xPBS (pH 7.0-7.4), until cell concentration reached 100 million/mL. Then store overnight at  $-20^{\circ}\text{C}$ . After two freeze-thaw cycles to break up the cell membranes, the cell lysates were centrifuged for 5 minutes at 5000 g,  $2-8^{\circ}\text{C}$ . Collect the supernatant. Cell lysates should be assayed immediately or aliquotted and stored at  $-20^{\circ}\text{C}$ . Centrifuge the sample again after thawing before the assay. Avoid repeated freeze-thaw cycles. (2) **Suspension Cell**: Collect cells with appropriate tube, centrifuge for 5 minutes at 1000 g,  $2-8^{\circ}\text{C}$ . Remove the supernatant and resuspend cells with 1xPBS (pH 7.0-7.4). Centrifuge for 5 minutes at 1000 g,  $2-8^{\circ}\text{C}$ . Remove the supernatant. Dilute cell with 7 1xPBS (pH 7.0-7.4), until cell concentration reached 100 million/mL. Then store overnight at  $-20^{\circ}\text{C}$ . After two freeze-thaw cycles to break up the cell membranes, the cell lysates were centrifuged for 5 minutes at 5000 g,

2-8°C. Collect the supernatant. Cell lysates should be assayed immediately or aliquotted and stored at -20°C. Centrifuge the sample again after thawing before the assay. Avoid repeated freeze-thaw cycles.

- **Other biological fluids** Centrifuge samples for 20 minutes at 1000 × g. Remove particulates and assay immediately or store samples in aliquot at -20°C or -80°C. Avoid repeated freeze/thaw cycles.

**Note:**

1. Samples to be used within 5 days may be stored at 2-8°C, otherwise samples must be stored at -20°C (≤ 1 month) or -80°C (≤ 2 months) to avoid loss of bioactivity and contamination.
2. Sample hemolysis will influence the result, so hemolytic specimen cannot be detected.
3. When performing the assay, bring samples to room temperature.

**[SAMPLE PREPARATION]**

Human serum or plasma require at least a 100-500 fold dilution before test. A suggested 500-fold dilution can be achieved by adding 5 µL sample + 95 µL Sample Diluent or PBS (pH 7.0-7.4); Complete the 500-fold dilution by adding 10 µL of this solution to 240 µL of Sample Diluent; Cell Culture Supernates, tissue homogenates or cell lysates samples require no dilution before test. **The recommended dilution factor is for reference only. The optimal dilution factor should be determined by users according to their particular experiments.**

**[REAGENT PREPARATION]**

**Bring all reagents to room temperature before use.**

**Wash Buffer (1 x)** - If crystals have formed in the concentrate, warm up to room temperature and mix gently until the crystals have completely dissolved. Dilute 20 mL of Wash Buffer Concentrate (25 x) into deionized or distilled water to prepare 500 mL of Wash Buffer (1 x).

**Biotin-Conjugate (1 x)** - Centrifuge the vial before opening.

Biotin-Conjugate requires a 100-fold dilution. A suggested 100-fold dilution is 10 µL of Biotin-Conjugate (100 x) + 990 µL of Biotin-Conjugate Diluent.

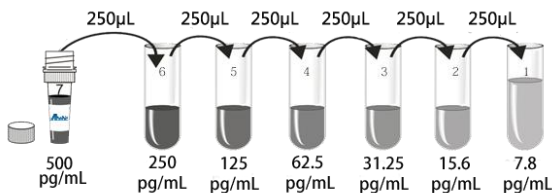
**Streptavidin-HRP (1 x)** - Centrifuge the vial before opening.

Streptavidin-HRP requires a 100-fold dilution. A suggested 100-fold dilution is 10  $\mu\text{L}$  of Streptavidin-HRP (100 x) + 990  $\mu\text{L}$  of Streptavidin-HRP Diluent.

**LEP Standard** - Centrifuge the standard vial at 6000-10000rpm for 30s.

Reconstitute the Standard with 1 mL of Sample Diluent. Swirl or mix gently to insure complete and homogeneous solubilization (concentration of reconstituted standard = 500 pg/mL). The standard has to be used immediately after reconstitution and cannot be stored.

**Use Eppendorf Tubes** - Pipette 250  $\mu\text{L}$  of the Sample Diluent into each tube. Use the stock solution to produce a dilution series (below). Mix each tube thoroughly before the next transfer. The undiluted standard serves as the high standard (500 pg/mL). The Sample Diluent serves as the zero standard (0 pg/mL).



Tube	S7	S6	S5	S4	S3	S2	S1	S0
pg/mL	500	250	125	62.5	31.25	15.6	7.8	0

**TABLE**

Table depicting an example of the arrangement of blanks, standards and samples in the microwell strips:

	1	2	3	4
A	Standard 7 (500 pg/mL)	Standard 7 (500 pg/mL)	Sample 1	Sample 5
B	Standard 6	Standard 6	Sample 1	Sample 5

	(250 pg/mL)	(250 pg/mL)		
<b>C</b>	Standard 5 (125 pg/mL)	Standard 5 (125 pg/mL)	Sample 2	Sample 6
<b>D</b>	Standard 4 (62.5 pg/mL)	Standard 4 (62.5 pg/mL)	Sample 2	Sample 6
<b>E</b>	Standard 3 (31.25 pg/mL)	Standard 3 (31.25 pg/mL)	Sample 3	Sample 7
<b>F</b>	Standard 2 (15.6 pg/mL)	Standard 2 (15.6 pg/mL)	Sample 3	Sample 7
<b>G</b>	Standard 1 (7.8 pg/mL)	Standard 1 (7.8 pg/mL)	Sample 4	Sample 8
<b>H</b>	Standard 0 (0 pg/mL)	Standard 0 (0 pg/mL)	Sample 4	Sample 8

### **ASSAY PROCEDURE**

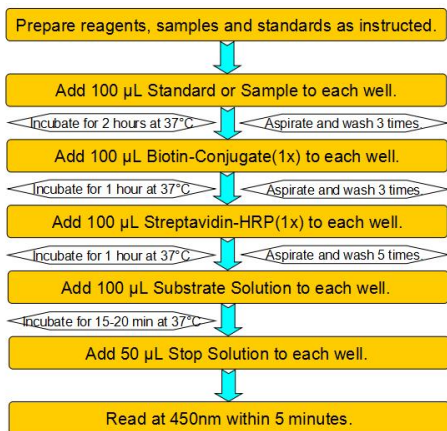
**Bring all reagents and samples to room temperature before use. It is recommended that all samples, controls, and standards be assayed in duplicate.**

1. Prepare all reagents, working standards, and samples as directed in the previous sections.
2. Refer to the Assay Layout Sheet to determine the number of wells to be used and put any remaining wells and the desiccant back into the pouch and seal the ziploc, store unused wells at 2-8°C.
3. Add 100 µL of standard and sample per well. Cover with the adhesive films provided. Incubate for 2 hours at 37°C. A plate layout is provided to record standards and samples assayed.
4. Aspirate each well and wash, repeating the process for a total of three washes. Wash by filling each well with Wash Buffer (250 µL) using a squirt bottle, multi-channel pipette, manifold dispenser or autowasher. Complete removal of liquid at each step is essential to good performance. After the last wash, remove any remaining Wash Buffer by aspirating or decanting. Invert the plate and blot it against clean paper towels.
5. Add 100 µL of Biotin-Conjugate (1 x) to each well. Cover with the adhesive films. Incubate for 1 hour at 37°C. (Biotin-Conjugate (1 x) may appear cloudy. Warm up to room temperature and mix gently until solution

- appears uniform.)
6. Aspirate each well and wash, repeating the process for a total of three washes. Wash by filling each well with Wash Buffer (250  $\mu$ L) using a squirt bottle, multi-channel pipette, manifold dispenser or autowasher. Complete removal of liquid at each step is essential to good performance. After the last wash, remove any remaining Wash Buffer by aspirating or decanting. Invert the plate and blot it against clean paper towels.
  7. Add 100  $\mu$ L of Streptavidin-HRP (1 x) to each well. Cover the microtiter plate with the adhesive films. Incubate for 1 hour at 37°C.
  8. Aspirate each well and wash, repeating the process for a total of five washes. Wash by filling each well with Wash Buffer (250  $\mu$ L) using a squirt bottle, multi-channel pipette, manifold dispenser or autowasher. Complete removal of liquid at each step is essential to good performance. After the last wash, remove any remaining Wash Buffer by aspirating or decanting. Invert the plate and blot it against clean paper towels.
  9. Add 100  $\mu$ L of Substrate Solution to each well. Incubate for 15-20 minutes at 37°C. Keeping the plate away from drafts and other temperature fluctuations in the dark. Avoid placing the plate in direct light.
  10. Add 50  $\mu$ L of Stop Solution to each well. When the first four wells containing the highest concentration of standards develop obvious blue color. If color change does not appear uniform, gently tap the plate to ensure thorough mixing.
  11. Determine the optical density of each well within 5 minutes, using a microplate reader set to 450 nm. If wavelength correction is available, set to 540 nm or 570 nm. Subtract readings at 540 nm or 570 nm from the readings at 450 nm. This subtraction will correct for optical imperfections in the plate. Readings made directly at 450 nm without correction may be higher and less accurate.

**\*Samples may require dilution. See Sample Preparation section.**

## **【ASSAY PROCEDURE SUMMARY】**



\*Samples may require dilution. Please refer to sample preparation section.

## **【CALCULATION OF RESULTS】**

Using the professional soft "Curve Exert 1.4" to make a standard curve is recommended, which can be downloaded from our web([www.abebio.com](http://www.abebio.com)).

Average the duplicate readings for each standard and sample and subtract the average zero standard optical density.

Create a standard curve by reducing the data using computer software capable of generating a four parameter logistic (4-PL) curve-fit. As an alternative, construct a standard curve by plotting the mean absorbance for each standard on the x-axis against the concentration on the y-axis and draw a best fit curve through the points on the graph. The data may be linearized by plotting the log of the LEP concentrations versus the log of the O.D. and the best fit line can be determined by regression analysis. This procedure will produce an adequate but less precise fit of the data.

If samples have been diluted, the concentration read from the standard curve must be multiplied by the dilution factor.

### **【IMPORTANT NOTE】**

1. The instruction manual also suits for the kit of 48T, but all reagents of 48T kit are reduced by half.
2. There may be some foggy substance in the wells when the plate is opened at the first time. It will not effect on the final assay results. Do not remove microtiter plate from the storage bag unless needed.
3. Do not mix or substitute reagents from one kit lot to another. Use only the reagents supplied by manufacturer.
4. Samples or reagents addition: Please use the freshly prepared Standard. Please carefully add samples to wells and mix gently to avoid foaming. Do not touch the well wall as far as possible. For each step in the procedure, total dispensing time for addition of reagents or samples to the assay plate should not exceed 10 minutes. This will ensure equal elapsed time for each pipetting step, without interruption. Duplication of all standards and specimens, although not required, is recommended. To avoid cross-contamination, change pipette tips between additions of each standard level, between sample additions, and between reagent additions. Also, use separate reservoirs for each reagent.
5. Incubation: To ensure accurate results, proper adhesion of plate sealers during incubation steps is necessary. Do not allow wells to sit uncovered for extended periods between incubation steps. Once reagents have been added to the well strips, DO NOT let the strips DRY at any time during the assay. Incubation time and temperature must be observed.
6. Washing: The wash procedure is critical. Complete removal of liquid at each step is essential to good performance. After the last wash, remove any remaining Wash Solution by aspirating or decanting and remove any drop of water and fingerprint on the bottom of the plate. Insufficient washing will result in poor precision and falsely elevated absorbance reading. When using an automated plate washer, adding a 30 second soak period following the addition of wash buffer, and/or rotating the plate 180 degrees between wash steps may improve assay precision.
7. Controlling of reaction time: Observe the change of color after adding Substrate Solution (e.g. observation once every 10 minutes), Substrate Solution should change from colorless or light blue to gradations of blue. If

- the color is too deep, add Stop Solution in advance to avoid excessively strong reaction which will result in inaccurate absorbance reading.
8. Substrate Solution is easily contaminated. Substrate Solution should remain colorless or light blue until added to the plate. Please protect it from light.
  9. Stop Solution should be added to the plate in the same order as the Substrate Solution. The color developed in the wells will turn from blue to yellow upon addition of the Stop Solution. Wells that are green in color indicate that the Stop Solution has not mixed thoroughly with the Substrate Solution.
  10. Protect all reagents from strong light during storage and incubation. All the bottle caps of reagents should be covered tightly to prevent the evaporation and contamination of microorganism.
  11. Wrong operations during the reagents preparation and loading, as well as incorrect parameter setting for the plate reader may lead to incorrect results. A microplate plate reader with a bandwidth of 10nm or less and an optical density range of 0-3 O.D. or greater at  $450 \pm 10\text{nm}$  wavelength is acceptable for use in absorbance measurement.
  12. Even the same operator might get different results in two separate experiments. In order to get better reproducible results, the operation of every step in the assay should be controlled. Furthermore, a preliminary experiment before assay for each batch is recommended.
  13. Limited by the current condition and scientific technology, we can't completely conduct the comprehensive identification and analysis on the raw material provided by suppliers. So there might be some qualitative and technical risks to use the kit.
  14. The final experimental results will be closely related to validity of the products, operation skills of the end users and the experimental environments. Please make sure that sufficient samples are available.
  15. Kits from different batches may be a little different in detection range, sensitivity and color developing time.
  16. Each kit has been strictly passed Q.C test. However, results from end users might be inconsistent with our in-house data due to some unexpected transportation conditions or different lab equipments.

Intra-assay variance among kits from different batches might arise from above factors, too.

17. Kits from different manufacturers with the same item might produce different results, since we haven't compared our products with other manufacturers.
18. The Stop Solution provided with this kit is an acid solution. Wear eye, hand, face, and clothing protection when using this material.
19. Valid period: six months.

