



# Human Cortisol (Cortisol) Competitive ELISA Kit

---

**NB-22-42302-1**

## Human Cortisol (Cortisol) Competitive ELISA Kit

Cat# NB-22-42302-1

This ELISA kit used for quantitative determination of Cortisol in human serum, plasma, tissue homogenates, cell lysates, cell culture supernatant and other biological fluids.

We highly recommended reading this manual thoroughly before using this kit.

### Introduction

This kit is a competitive enzyme immunoassay (ELISA) for in-vitro quantitative measurement of Cortisol in human serum, plasma, tissue homogenates, cell lysates, cell culture supernatant and other biological fluids.

### Principle of The Assay

This ELISA kit uses the Competitive-ELISA principle. The micro ELISA plate provided in this kit has been pre-coated with Cortisol. During the reaction, Cortisol in the sample or standard competes with a fixed amount of Cortisol on the solid phase supporter for sites on the Biotinylated Detection Ab specific to Cortisol. Excess conjugate and unbound sample or standard are washed away, and Avidin-Horseradish Peroxidase (HRP) conjugate are added to each micro plate well and incubated. Then a TMB substrate solution is added to each well. The enzyme-substrate reaction is terminated by the addition of stop solution and the colour turns from blue to yellow. The optical density (OD) is measured spectrophotometrically at a wavelength of  $450 \text{ nm} \pm 2 \text{ nm}$ . The concentration of Cortisol in tested samples can be calculated by comparing the OD of the samples to the standard curve.

### Components

Component	Size (96T)	Storage recommendation
Micro-ELISA Coated Plate	8x12	Return unused wells to the foil pouch containing the desiccant pack and store at $\leq -20^\circ\text{C}$ for up to 6 months. Reseal along entire edge of zip-seal.
Standard (Lyophilized)	2	Aliquot and store at $\leq -20^\circ\text{C}$ for up to 6 months. * Avoid repeated freeze-thaw cycles.
Concentrated Biotinylated Detection Antibody (100x)	1 x 120 $\mu\text{L}$	May be stored for up to 6 months at $-20^\circ\text{C}$ . Protect from light.
Streptavidin-HRP Concentrated (100x)	1 x 120 $\mu\text{L}$	
Standard/Sample Diluent	1 x 20 mL	
Biotinylated Detection Antibody Diluent	1 x 14 mL	
Streptavidin-HRP Diluent	1 x 14 mL	May be stored for up to 6 months at $2-8^\circ\text{C}$ . (Protect TMB Substrate from light)
Wash Buffer (25x)	1 x 30 mL	
TMB Substrate	1 x 10 mL	
Stop Solution	1 x 10 mL	
Plate Sealers		5 Strips

## Sample Collection and Storage

### 1. Serum

Use a serum separator tube and allow samples to clot for 2 hours at room temperature or overnight at 4°C before centrifugation for 20 minutes at approximately 1000xg. Assay freshly prepared serum immediately or store samples in aliquot at -20°C or -80°C for later use. Avoid repeated freeze/thaw cycles.

### 2. Plasma

Collect plasma using EDTA or heparin as an anticoagulant. Centrifuge samples for 15 minutes at 1000xg at 2-8°C within 30 minutes of collection. Remove plasma and assay immediately, or store samples in aliquot at -20°C or -80°C for later use. Avoid repeated freeze/thaw cycles.

### 3. Urine

Use a sterile container to collect urine samples. Remove particulates by centrifugation for 15 minutes at 1000xg at 2-8°C. Collect the supernatant to carry out the assay.

## Precautions

1. This kit is for RESEARCH USE ONLY.
2. Any variation in diluent, operator, pipetting technique, washing technique, incubation time or temperature, and kit age can cause variation in binding.
3. Variations in sample collection, processing, and storage may cause sample value differences.
4. Reagents may be harmful. It is recommended to wear appropriate PPE, including lab coat and goggles throughout this procedure. If contact is made between skin and reagents, rinse with an excess amount of tap water.
5. Stop Solution contains strong acid. Wear eye, hand, and face protection.
6. For long term storage kit standards should be kept refrigerated, other components should be frozen.
7. Please perform centrifugation to collect liquid before use.
8. Do not mix or substitute reagents with those from other lots or other sources.
9. Adequate mixing is very important for a good result. Use a mini-vortex at the lowest frequency.
10. Mix each sample and all components in the kits adequately and use a clean plastic container to prepare diluent.
11. Samples and standards should be assayed in duplicate, and the sequence of the reagents should be added consistently.
12. Reuse of the dissolved standard is not recommended.
13. The kit should not be used beyond the expiration date on the kit label.
14. The kit should be kept away from light when it is stored or incubated.
15. To reduce the likelihood of blood-borne transmission of infectious agents, handle all serum, plasma and other biological fluids in accordance with appropriate regulations.
16. To avoid cross contamination, please use disposable pipette tips.
17. Please prepare all kit components according to the specification. If the kits will be used several times, keep unused strips sealed and preserve with desiccants. Use within 2 months.

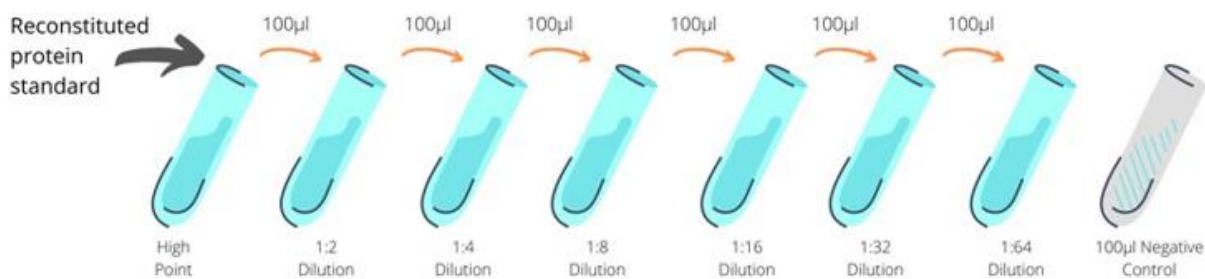
## Experiment Materials

The following materials are required to carry out the aforementioned assay but are not included with this kit.

1. Microplate reader (measuring absorbance at 450 nm, with the correction wavelength set at 570 nm or 630 nm).
2. Pipettes and pipette tips: 0.5-10, 2-20, 20-200, 200-1000  $\mu\text{L}$ .
3. Microplate washer, Squirt bottle.
4. Micro-oscillator.
5. Deionized or double distilled water graduated cylinder.
6. Polypropylene Test tubes for dilution.
7. Incubator capable of maintaining 37°C.

## Reagent Preparation

1. Bring all reagents to room temperature before use. If crystals have formed in the concentrate bring it to room temperature and mix gently until the crystals have completely dissolved.
2. Standard: Centrifuge the lyophilised standard at 10,000xg for 1 minute and then add 1mL of the Standard/Sample Diluent to it. Allow the solution to stand for 10 minutes with gentle agitation prior to making further dilutions. Once the protein has fully dissolved the solution should have a concentration of 1000  $\mu\text{g}/\text{mL}$ . Prepare a series of EP tubes containing Standard/Sample Diluent, and carry out a serial dilution according to the picture shown below (with recommended concentrations for the standard curve: 1000  $\mu\text{g}/\text{mL}$ , 500  $\mu\text{g}/\text{mL}$ , 250  $\mu\text{g}/\text{mL}$ , 125  $\mu\text{g}/\text{mL}$ , 62.5  $\mu\text{g}/\text{mL}$ , 31.25  $\mu\text{g}/\text{mL}$ , 15.63  $\mu\text{g}/\text{mL}$ ). Any remaining standard solution can be aliquoted and stored at -20°C to -70°C.



**Two-fold dilution series:** Each microvial starts with 100 $\mu\text{l}$  diluent. 100 $\mu\text{l}$  is carried over from the reconstituted protein standard, thoroughly mixed and then 100 $\mu\text{l}$  is transferred to the next. The process is repeated in each microvial in the sequence. No treatment is carried out on the negative control, which should hold 100 $\mu\text{l}$  of diluent.

## Dilution Method

1. Concentrated Biotin-Conjugated Antibody (100x): Dilute 1:100 with the Biotin- Conjugate Antibody Diluent before use, and the diluted solution should be used within 30 min.

No. of strips	Concentrated Biotin-Conjugate antibody (100x)	Biotin-Conjugate antibody diluent
2	20ul	1980ul
4	40ul	3960ul
6	60ul	5940ul
8	80ul	7920ul
10	100ul	9900ul
12	120ul	11880ul

2. Streptavidin-HRP Concentrated (100x): Dilute 1:100 with the Streptavidin- HRP Diluent before use, and the diluted solution should be used within 30 min.

No. of strips	Concentrated Streptavidin-HRP (100x)	Streptavidin-HRP antibody diluent
2	20ul	1980ul
4	40ul	3960ul
6	60ul	5940ul
8	80ul	7920ul
10	100ul	9900ul
12	120ul	11880ul

3. Wash buffer: Dilute 1:25 with double distilled or deionized water before use

### Wash Method

Aspirate each well and wash, repeating the process 2 times for a total of 3 washes. Wash by filling each well with Wash Buffer (350ul) using a squirt bottle, manifold dispenser, or auto-washer. 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.

### Assay Procedure

1. Remove excess microplate strips from the plate frame, return them to the foil pouch containing the desiccant pack and reseal.
2. Add 50  $\mu$ L of each concentration of standard and samples to their allotted wells, and immediately add 50  $\mu$ L of Biotinylated Detection Antibody working solution to each well. Cover with the adhesive strip provided and incubate for 45 minutes at 37°C. (Note: solution should be added to the bottom of ELISA plate well, avoid touching the inside wall and foaming.)
3. Remove all the liquid from each well and wash 3 times.
4. Add 100 $\mu$ L HRP conjugate working solution to all the wells. Cover with new adhesive strip provided and incubate for 30 min at 37°C.
5. Aspirate the solution from all of the wells and wash 5 washes.
6. We recommend that you ensure the Microplate reader is set up during this incubation stage.
7. Add 90  $\mu$ L Substrate Reagent to each well and incubate for 15-20 minutes at 37°C. Protect from light.
8. Add 50  $\mu$ L Stop Solution to each well. 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 570 nm or 630 nm. If wavelength correction is not available, subtract readings at 570 nm or 630 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.
9. Upon completion of the experiment ensure you return unused reagents to their appropriate storage locations.

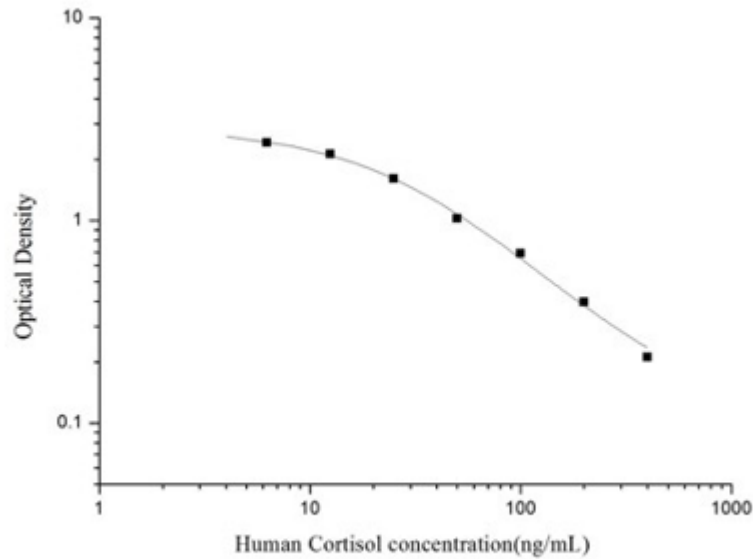
### Calculation of Results

1. Average the duplicate readings for each standard, control and sample, and subtract the average zero standard optical density (O.D.).
2. Create a standard curve by reducing the data using computer software capable of generating a log/log curve-fit. As an alternative, construct a standard curve by plotting the mean absorbance for each standard on the y- axis against the concentration on the x-axis and draw a best fit curve through the points on a log/log graph. The data may be linearized by plotting the log of the human Cortisol concentrations versus the log of the O.D. on a linear scale, and the best fit line can be determined by regression analysis.
3. If samples have been diluted, the concentration read from the standard curve must be multiplied by the dilution factor.

## Typical Data

As the OD values of the standard curve may vary according to the conditions of the actual assay performance (e.g. operator, pipetting technique, washing technique or temperature effects), the operator should establish a standard curve for each test.

Typical standard curve and data is provided below for reference only.



## Precision

Intra-assay Precision (Precision within an assay): 3 human samples with low, mid-range and high-level Cortisol were tested 20 times on one plate, respectively. Inter-assay Precision (Precision between assays): 3 human samples with low, mid-range and high level Cortisol were tested on 3 different plates, 20 replicates in each plate.

## Recovery

The recovery of Human Cortisol spiked at three different levels in samples throughout the range of the assay was evaluated in various matrices.

Matrix	Recovery range (%)	Average (%)
serum(n=5)	81-93	85
EDTA plasma(n=5)	86-96	89
Urine (n=5)	85-100	95

## Linearity

Human Samples were spiked with high concentrations of Cortisol and diluted with Reference Standard & Sample Diluent to produce samples with values within the range of the assay.

