



# FST (Human) ELISA Kit

Catalog Number KA2188

96 assays

Version: 03

Intended for research use only

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## Introduction

### Intended Use

Detection and Quantification of Human Follistatin (hFS) Concentrations in Cell Lysates, Sera and Plasma.

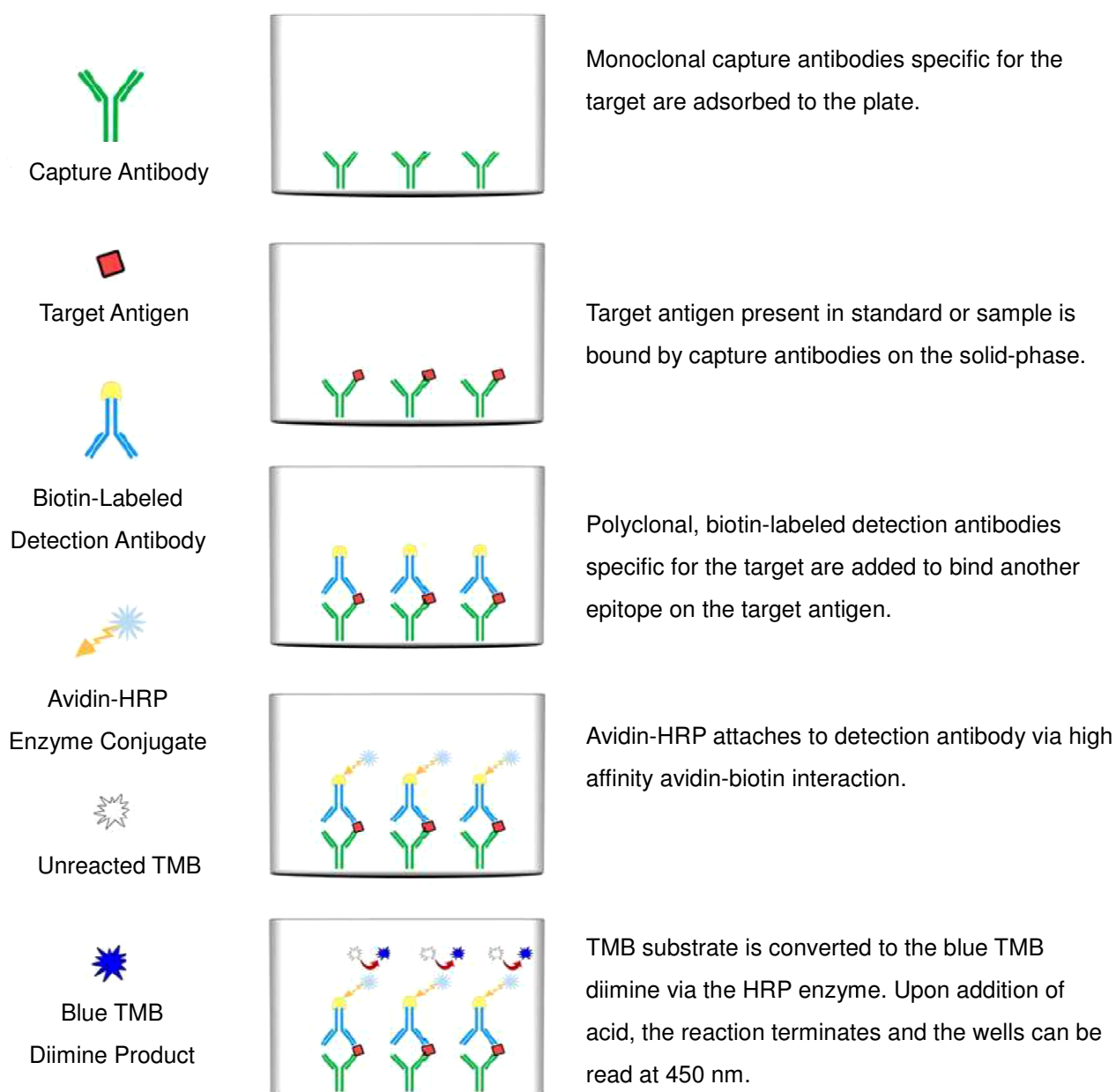
### Background

Human Follistatin or FS, also known as Activin-Binding Protein is a single-chain gonadal protein that specifically inhibits pituitary follicle-stimulating hormone (FSH) release. The single *FST* gene encodes two isoforms, FST317 and FST344 containing 317 and 344 amino acid residues respectively, resulting from alternative splicing of the precursor mRNA. Isoform 1 is the predominant isoform in serum but is undetectable in follicular fluid. Moreover, the *FST* gene is located at locus 5q11.2 on chromosome 5. The monomeric protein binds directly to Activin and functions as an Activin antagonist. In regards to the primary sequence, Follistatin contains 3 follistatin-like domains, 3 Kazal-like domains and a TB (TBF- $\beta$  binding) domain. Typical modifications to the protein include 2 potential glycosylation sites at the 124<sup>th</sup> or 288<sup>th</sup> residue along with multiple sites for disulfide bridge formation.

Source: Entrez Gene: FST follistatin [Homo sapiens]; Swiss-Prot: P19883

### Principle of the Assay

The FST (Human) ELISA Kit contains the components necessary for quantitative determination of natural or recombinant hFollistatin concentrations within any experimental sample including cell lysates, serum and plasma. This particular immunoassay utilizes the quantitative technique of a “Sandwich” Enzyme-Linked Immunosorbent Assay (ELISA) where the target protein (antigen) is bound in a “sandwich” format by the primary capture antibodies coated to each well-bottom and the secondary detection antibodies added subsequently by the investigator. The capture antibodies coated to the bottom of each well are specific for a particular epitope on the Human Follistatin cytokine while the user-added detection antibodies bind to epitopes on the captured target protein. Amid each step of the procedure, a series of wash steps must be performed to ensure the elimination of non-specific binding between proteins to other proteins or to the solid phase. After incubation and “sandwiching” of the target antigen, a peroxidase enzyme is conjugated to the constant heavy chain of the secondary antibody (either covalently or via Avidin/Streptavidin-Biotin interactions), allowing for a colorimetric reaction to ensue upon substrate addition. When the substrate TMB (3, 3', 5, 5'-Tetramethylbenzidine) is added, the reaction catalyzed by peroxidase yields a blue color that is representative of the antigen concentration. Upon sufficient color development, the reaction can be terminated through addition of Stop Solution (2 N Sulfuric Acid) where the color of the solution will turn yellow. The absorbance of each well can then be read by a spectrophotometer, allowing for generation of a standard curve and subsequent determination of protein concentration.



## General Information

### Materials Supplied

List of component

Reagent	Quantity Per Plate	Container	Reconstitution
96-Well Microplate or Strips Coated w/ Capture Antibody	12 x 8 Strips	-	-
Ready-to-Use Streptavidin-HRP	12 ml	Clear	-
Ready-to-Use Substrate	12 ml	Brown	-
Stop Solution	12 ml	Clear	-
Wash Buffer (10X)	50 ml	Clear	-
Protein Standard Diluent	12 ml	Clear	-
Sample Diluent	12 ml	Clear	-
Detection Antibody Diluent	12 ml	Clear	-
Biotin-Labeled Detection Antibody	Lyophilized	Yellow	100 µl H <sub>2</sub> O
Protein Standard	Lyophilized (100 ng)	Red	100 µl H <sub>2</sub> O
Adhesive Plate Sealers	4 Sheets	-	-

### Storage Instruction

*Note: If used frequently, reagents may be stored at 4 °C.*

*Unopened Kits: Store at 4 °C for 6 months.*

Reagent	Quantity Per Plate	Reconstitution
96-Well Microplate or Strips Coated w/ Capture Antibody	6 Months	4 °C
Ready-to-Use Streptavidin-HRP		
Ready-to-Use Substrate		
Stop Solution		
Wash Buffer (10X)		
Protein Standard Diluent		
Sample Diluent		
Detection Antibody Diluent		
Biotin-Labeled Detection Antibody	Lyophilized: 6 Months Reconstituted: 1 Month	4 °C
Protein Standard		
Adhesive Plate Sealers	-	-

### **Materials Required but Not Supplied**

The following materials and equipment are NOT provided in this kit but are necessary to successfully conduct the experiment:

- ✓ Microplate reader able to measure absorbance at 450 nm (with correction wavelength set to 540 nm or 570 nm)
- ✓ Micropipettes with capability of measuring volumes ranging from 1 µl to 1 ml
- ✓ Deionized or sterile water
- ✓ Squirt bottle, manifold dispenser, multichannel pipette reservoir or automated microplate washer
- ✓ Graph paper or computer software capable of generating or displaying logarithmic functions
- ✓ Absorbent paper or vacuum aspirator
- ✓ Test tubes or microfuge tubes capable of storing ≥1 ml
- ✓ Bench-top centrifuge (optional)
- ✓ Bench-top vortex (optional)
- ✓ Orbital shaker (optional)

### **Precautions for Use**

- ✓ Assay Restrictions
  - This ELISA kit is intended for research purposes only, NOT diagnostic or clinical procedures of any kind.
  - Materials included in this kit should NOT be used past the expiration date on the kit label.
  - Reagents or substrates included in this kit should NOT be mixed or substituted with reagents or substrates from any other kits.
  - Variations in pipetting technique, washing technique, operator laboratory technique, kit age, incubation time or temperature may cause differences in binding affinity of the materials provided.
  - The assay is designed to eliminate interference and background by other cellular macromolecules or factors present within any biological samples. However, the possibility of background noise cannot be fully excluded until all factors have been tested using the assay kit.
- ✓ Health and safety Precautions
  - Reagents provided in this kit may be harmful if ingested, inhaled or absorbed through the skin. Please carefully review the MSDS for each reagent before conducting the experiment.
  - Stop Solution contains 2 N Sulfuric Acid (H<sub>2</sub>SO<sub>4</sub>) and is an extremely corrosive agent. Please wear proper eye, hand and face protection when handling this material. When the experiment is finished, be sure to rinse the plate with copious amounts of running water to dilute the Stop Solution prior to disposing the plate.

## Assay Protocol

### Reagent Preparation

- ✓ Reconstitution of Provided Materials
- Reconstitute the Biotin-Conjugated Detection Antibody in 100 µl of ddH<sub>2</sub>O for a concentration of 100 µg/ml.
- Reconstitute the protein standard in 100 µl of ddH<sub>2</sub>O for a concentration of 1 µg/ml.
- Diluent the 50 ml of 10 x Wash Buffer in 450 ml of ddH<sub>2</sub>O for 500 ml of 1x Wash Buffer.

### Sample Preparation

If samples are to be used within 24 hours, aliquot and store at 4°C. If samples are to be used over a long period of time, aliquot and store between -20°C and -80°C, depending on the duration of storage.

*Note: Samples containing a visible precipitate or pellet must be clarified prior to use in the assay.*

*Caution: Avoid repeated freeze/thaw cycles to prevent loss of biological activity of proteins in experimental samples.*

#### ✓ Cell Lysate and Supernatants

Remove large cell components via centrifugation and perform the assay. Cell lysates and supernatants require a dilution using Sample Diluent. A serial dilution may be performed to determine a suitable dilution factor for the sample. For future use of the sample, follow the sample storage guidelines stated above.

#### ✓ Serum

Allow samples to clot in a serum separator tube (SST) for 30 minutes. After sufficient clotting, centrifuge at 1000 x g for 15 minutes and remove serum from SST in preparation for the assay. Serum samples require at least a 1:50 dilution using Sample Diluent. For future use of the sample, follow the storage guidelines above.

#### ✓ Plasma

Use heparin, citrate or EDTA as an anticoagulant to gather plasma from original biological sample. After collection of the plasma, centrifuge for 15 minutes at 1000 x g. This step must be performed within 30 minutes of plasma collection. Plasma samples require at least a 1:50 dilution using Sample Diluent. Afterwards, perform the assay or for future use of the sample, follow the storage guidelines stated above.

### Assay Procedure

*Note: If possible, all incubation steps should be performed on an orbital shaker to equilibrate solutions when added to the microplate wells. Also, all provided solutions should be at ambient temperature prior to use.*

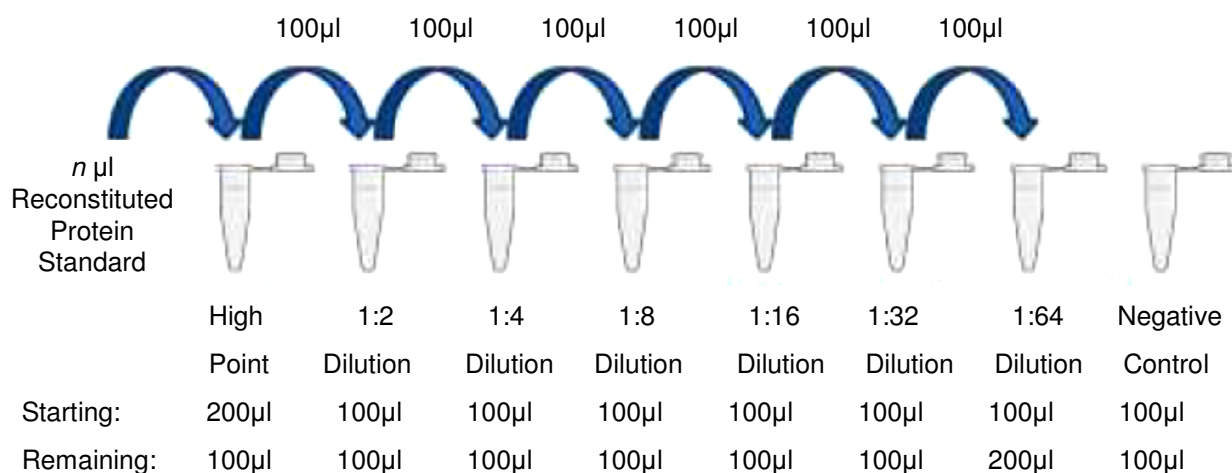
*Note: Avoid adding solutions into wells at an angle, always keep pipette tip perpendicular to plate bottom.*

✓ Addition of Known Standard and Unknown Sample to Immunoassay

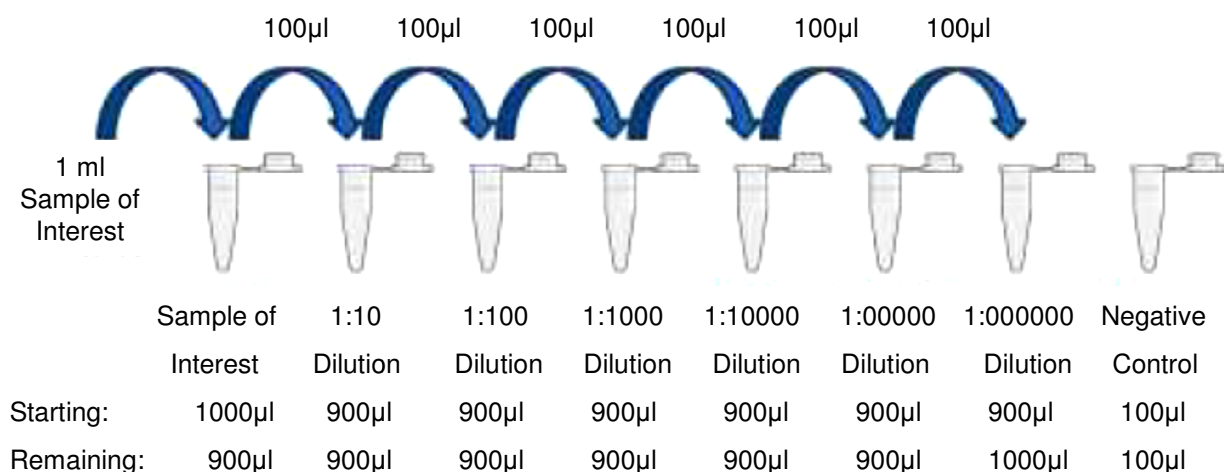
The FST (Human) ELISA Kit allows for the detection and quantification of endogenous levels of natural and/or recombinant Human Follistatin proteins within the range of 23-3000 pg/ml

1. Dilute the known standard sample from 3 ng/ml to 0 ng/ml in a series of microfuge tubes. Mix each tube thoroughly by inverting several times or by vortexing lightly to ensure proper equilibration. Add 100  $\mu$ l of each serial dilution step into the wells of a specified row or column of the 96-well microtiter plate in duplicate or triplicate and incubate at room temperature for 2 hours. Unknown sample of interest can be serially diluted with Sample Diluent to concentrations within the detection range of this assay kit and added to the plate at 100  $\mu$ l per well. Seal the microplate air-tight using one of the microplate adhesive seals provided in this kit or Parafilm if readily available.

To obtain serial dilution high point, dilute reconstituted Protein Standard to the maximum concentration for serial dilution by adding  $n$   $\mu$ l reconstituted Protein Standard to serial dilution high point tube and then raising the volume to 200  $\mu$ l. Shown below is a diagram illustrating a hypothetical 2-fold serial dilution on a given reconstituted Protein Standard.



For samples of unknown protein concentrations, serially dilute the experimental sample using Sample Diluent to determine range of detection and acceptable dilutions. Shown below is a diagram illustrating a 10-fold serial dilution on a given Sample of Interest.





- ✓ Addition of Detection Antibody to Capture Antibody-Bound Samples
  1. Aspirate the protein standard solution out of the microplate wells. If your lab does not have a vacuum-based aspirator, you may dump the solutions from the microplate into a waste container and blot 3-4 times on a stack of paper towels until most or all of the liquid is removed from the wells. Dilute the 10X wash buffer to 1X using pure H<sub>2</sub>O. Add 300-400 µl of Wash Buffer to each well being used and gently shake for 5-7 minutes on an orbital shaker. Perform this wash step 4 times consecutively.
  2. After the 4<sup>th</sup> wash step, dilute the detection antibody solution 1:100 in detection antibody diluent to a concentration of 1 µg/ml. Mix the test tube either by inverting several times or vortexing to ensure proper equilibration. Ensure that there is enough detection antibody solution for all wells being used. Add 100 µl of the diluted detection antibody solution into each well, seal the plate and incubate at room temperature for 2 hours.
  
- ✓ Conjugation of Streptavidin-HRP to Biotin-Labeled Detection Antibody
  1. Remove the detection antibody solution out of the microplate wells by either vacuum-based aspirator or paper towel blotting. Perform 4 consecutive wash steps with gentle shaking between each wash.
  2. After the 4<sup>th</sup> wash step, add 100 µl of Ready-to-Use Streptavidin-HRP Conjugate Solution into each well and incubate at room temperature for 30 minutes.
  
- ✓ Application of Liquid Substrate for Colorimetric Reaction
  1. Remove the Streptavidin-HRP Conjugate Solution out of the microplate wells by either vacuum-based aspirator or paper towel blotting. Prepare the ready-to-use substrate solution by bringing it to room temperature without exposure to fluorescent or UV light as these may degrade the substrate. Perform 4 consecutive wash steps with gentle shaking between each wash.
  2. After the 4<sup>th</sup> wash step, add 100 µl of Ready-to-Use substrate solution into each well and incubate at room temperature for color development. The microplate should be kept out of direct light by either covering with an opaque object or putting it into a dark room. Closely monitor the color development as some wells may turn blue very quickly depending on analyte and/or detection antibody-HRP concentrations. Once the blue color has ceased to develop further, immediately add 100 µl of Stop Solution to each well being used. The color in the wells should immediately change from blue to yellow.
  3. The microplate is now ready to be read by a microplate reader. Within 30 minutes of adding the Stop Solution, determine the optical density (absorbance) of each well by reading the plate with the microplate reader set to 450 nm. If wavelength correction is available, set to 540 nm or 570 nm. If wavelength correction is not available, subtract readings at 540 nm or 570 nm from the readings at 450 nm. *Caution: Readings made directly at 450 nm without correction may be higher and less accurate.*

✓ Summary

1. Reconstitute Biotin-Conjugated Detection Antibody and Protein Standard and dilute the 10x Wash Buffer as specified.
2. Perform serial dilution of Protein Standard and prepare samples as desired. See sample preparation section for instructions to dilute serum and plasma samples.
3. Add 100  $\mu$ l of Standard, sample or control to each well and incubate for 2 hours at room temperature.
4. Aspirate Standards, samples or controls out and wash plate 4 times.
5. Dilute Biotin-Conjugated Detection Antibody as specified. Add 100  $\mu$ l to each well and incubate for 2 hours at room temperature.
6. Aspirate Biotin-Conjugated Detection Antibody out and wash plate 4 times.
7. Add 100  $\mu$ l of Ready-to Use Streptavidin-HRP to each well and incubate at room temperature for 30 minutes.
8. Aspirate Ready-to Use Avidin-HRP out and wash plate 4 times.
9. Add 100  $\mu$ l of Ready-to Use Substrate to each well and incubate at room temperature for color development.
10. Add 100  $\mu$ l of Stop Solution and read plate at 450 nm.

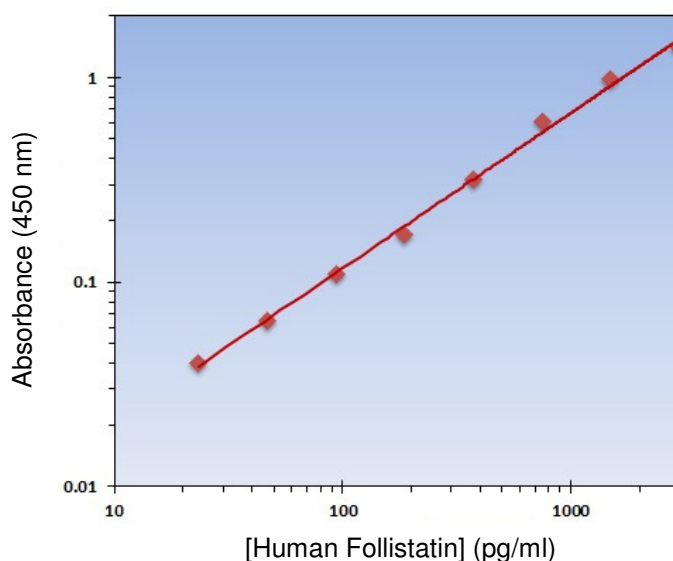
## Data Analysis

### Calculation of Results

- ✓ Generation of Standard Curve and Interpretation of Data
- 1. Average the duplicate or triplicate readings for each standard, control and sample and subtract the average zero standard optical density.
- 2. Generate a standard curve by using Microsoft Excel or other computer software capable of establishing a 4-Parameter Logistic (4-PL) curve fit. If using Excel or an alternative graphing tool, plot the average optical density values in absorbance units (y-axis) against the known standard concentrations in pg/ml (x-axis). *Note: Only use the values in which a noticeable gradient can be established. Afterwards, generate a best fit curve or "trend-line" through the plotted points via regression analysis. Note: Shown below is an example of typical data produced by analysis of the standard sample.*

The data and subsequent graph was obtained after performing a cytokine ELISA for Human Follistatin. Each known sample concentration was assayed in triplicate.

Human Follistatin Standard Curve	
Concentration (pg/ml)	Average OD 450nm
3000	1.39
1500	0.98
750	0.61
375	0.32
187.5	0.17
93.75	0.11
46.875	0.065
23.4375	0.04



### **Performance Characteristics**

✓ Sensitivity

The FST (Human) ELISA Kit allows for the detection and quantification of endogenous levels of natural and/or recombinant Human Follistatin proteins within the range of 23-3000 pg/ml.

✓ Cross Reactivity and Specificity

The FST (Human) ELISA Kit is capable of recognizing both recombinant and naturally produced Human Follistatin proteins. The antigens listed below were tested at 50 ng/ml and did not exhibit significant cross reactivity or interference.

- Human: Activin A, Activin B, BMP-2, BMP-7, BMP-11, BMP-13, GDF-11, Myostatin, TGF- $\beta_1$

## Resources

### Plate Layout

	1	2	3	4	5	6	7	8	9	10	11	12
A	Standard (High Point)	Standard (High Point)	Standard (High Point)									
B	Standard (1:2)	Standard (1:2)	Standard (1:2)									
C	Standard (1:4)	Standard (1:4)	Standard (1:4)									
D	Standard (1:8)	Standard (1:8)	Standard (1:8)									
E	Standard (1:16)	Standard (1:16)	Standard (1:16)									
F	Standard (1:32)	Standard (1:32)	Standard (1:32)									
G	Standard (1:64)	Standard (1:64)	Standard (1:64)									
H	Negative Control	Negative Control	Negative Control									