



# Human growth hormone releasing hormone (GHRH) ELISA Kit

Catalog No. CSB-E07863h

(96T)

- This immunoassay kit allows for the in vitro quantitative determination of **human GHRH** concentrations in **serum, plasma** and other biological fluids.
- **Expiration date** six months from the date of manufacture
- **FOR RESEARCH USE ONLY. NOT FOR USE IN DIAGNOSTIC PROCEDURES.**

## **INTRODUCTION**

Growth-hormone-releasing hormone (GHRH), also known as growth-hormone-releasing factor (GRF, GHRF) or somatocrinin, is a releasing hormone for growth hormone. It is a 44-amino acid peptide hormone produced in the arcuate nucleus of the hypothalamus. GHRH first appears in the human hypothalamus between 18 and 29 weeks of gestation, which corresponds to the start of production of growth hormone and other somatotropes in fetuses.

GHRH is released from neurosecretory nerve terminals of these arcuate neurons, and is carried by the hypothalamo-hypophyseal portal system to the anterior pituitary gland where it stimulates growth hormone (GH) secretion by stimulating the growth hormone releasing hormone receptor. GHRH is released in a pulsatile manner, stimulating similar pulsatile release of GH. In addition, GHRH also promotes slow-wave sleep directly. Growth hormone is required for normal postnatal growth, bone growth, regulatory effects on protein, carbohydrate, and lipid metabolism

## **PRINCIPLE OF THE ASSAY**

The microtiter plate provided in this kit has been pre-coated with biotin-BSA and Avidin. Standards or samples are then added to the appropriate microtiter plate wells with a biotin-conjugated GHRH antibody and incubated. Then Horseradish Peroxidase (HRP)-conjugated antibody preparation specific for GHRH are added and incubated. Substrate solutions are added to each well. The enzyme-substrate reaction is terminated by the addition of a sulphuric acid solution and the color change is measured spectrophotometrically at a wavelength of 450 nm  $\pm$  2 nm. The concentration of GHRH in the samples is then determined by comparing the O.D. of the samples to the standard curve.

### **DETECTION RANGE**

100 ng/ml-2000 ng/ml. The standard curve concentrations used for the ELISA's were 2000 ng/ml, 1000 ng/ml, 400 ng/ml, 200 ng/ml, 100 ng/ml.

### **SPECIFICITY**

This assay recognizes human GHRH. No significant cross-reactivity or interference was observed.

## **SENSITIVITY**

The minimum detectable dose of human GHRH is typically less than 40 ng/ml.

The sensitivity of this assay, or Lower Limit of Detection (LLD) was defined as the lowest protein concentration that could be differentiated from zero.

## **MATERIALS PROVIDED**

<b>Reagent</b>	<b>Quantity</b>
Assay plate	1
Standards (S1-S5)	5 x 1 ml
Biotin-antibody	1 x 6 ml
HRP-conjugate	1 x 10 ml
Wash Buffer	1 x 20 ml (10×concentrate)
Substrate A	1 x 7 ml
Substrate B	1 x 7 ml
Stop Solution	1 x 7 ml

Standard	S 1	S 2	S 3	S 4	S 5
Concentration (ng/ml)	100	200	400	1000	2000

## STORAGE

1. Unopened test kits should be stored at 2-8°C upon receipt and the microtiter plate should be kept in a sealed bag. The test kit may be used throughout the expiration date of the kit, provided it is stored as prescribed above. Refer to the package label for the expiration date.
2. Opened test plate should be stored at 2-8°C in the aluminum foil bag with desiccants to minimize exposure to damp air. The kits will remain stable until the expiring date shown, provided it is stored as prescribed above.
3. A microtiter plate reader with a bandwidth of 10 nm or less and an optical density range of 0-3 OD or greater at 450nm wavelength is acceptable for use in absorbance measurement.

## REAGENT PREPARATION

*Bring all reagents to room temperature before use.*

1. **Wash Buffer** 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 into deionized or distilled water to prepare 200 ml of Wash Buffer.

***Precaution: The Stop Solution provided with this kit is an acid solution. Wear eye, hand, face, and clothing protection when using this material.***

## **OTHER SUPPLIES REQUIRED**

- Microplate reader capable of measuring absorbance at 450 nm, with the correction wavelength set at 540 nm or 570 nm.
- Pipettes and pipette tips.
- Deionized or distilled water.
- Squirt bottle, manifold dispenser, or automated microplate washer.
- An incubator which can provide stable incubation conditions up to  $37^{\circ}\text{C} \pm 0.5^{\circ}\text{C}$ .

## **SAMPLE COLLECTION AND STORAGE**

- **Serum** Use a serum separator tube (SST) and allow samples to clot for 30 minutes before centrifugation for 15

minutes at 1000 g. Remove serum and assay immediately or aliquot and store samples at -20°C. Centrifuge the sample again after thawing before the assay. Avoid repeated freeze-thaw cycles.

- **Plasma** Collect plasma using citrate, EDTA, or heparin as an anticoagulant. Centrifuge for 15 minutes at 1000 g within 30 minutes of collection. Assay immediately or aliquot and store samples at -20°C. Centrifuge the sample again after thawing before the assay. Avoid repeated freeze-thaw cycles.

*Note: Grossly hemolyzed samples are not suitable for use in this assay.*

## **ASSAY PROCEDURE**

*Bring all reagents and samples to room temperature before use. It is recommended that all samples, standards, and controls be assayed in duplicate. All the reagents should be added directly to the liquid level in the well. The pipette should avoid contacting the inner wall of the well.*

1. Add 50µl of **Standard** or **Sample** per well. Then add 50µl of **Biotin-antibody** to each well. Standards need test in duplicate. Mix well and then incubate for 30 min at 37°C.

2. Fill each well with **Wash Buffer** (about 200µl), stay for 10 seconds and Spinning. Repeat the process for a total of three washes. 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.
3. Add 50µl of **HRP-conjugate** to each well. Mix well and then incubate for 30 min at 37°C.
4. Wash the plate as before.
5. Add 50µl of **Substrate A** and 50µl of **Substrate B** to each well, mix well. Incubate for 15 minutes at 18-25°C. Keeping the plate away from drafts and other temperature fluctuations in the dark.
6. Add 50µl of **Stop Solution** to each well. If color change does not appear uniform, gently tap the plate to ensure thorough mixing.
7. Determine the optical density of each well within 10 minutes, using a microplate reader set to 450 nm.



## **CALCULATION OF RESULTS**

*Using the professional soft "Curve Exert 1.3" to make a standard curve is recommended, which can be downloaded from our web.*

Average the duplicate readings for each standard, control, 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 y-axis against the concentration on the x-axis and draw a best fit curve through the points on the graph. The data may be linearized by plotting the log of the GHRH 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.

## **LIMITATIONS OF THE PROCEDURE**

- 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.
- If samples generate values higher than the highest standard, dilute the samples with the appropriate Diluent and repeat the assay.
- Any variation in 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 Quantikine Immunoassay, the possibility of interference cannot be excluded.

## **TECHNICAL HINTS**

- Centrifuge vials before opening to collect contents.
- When mixing or reconstituting protein solutions, always avoid foaming.
- 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.

- 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.
- To ensure accurate results, proper adhesion of plate sealers during incubation steps is necessary.
- Substrate Solution should remain colorless or light blue until added to the plate. Keep Substrate Solution protected from light. Substrate Solution should change from colorless or light blue to gradations of blue.
- 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.