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## Toward minimally invasive metabolomics: GC-MS metabolic fingerprints of dried blood microsamples in comparison to plasma

Daniel Marques de Sá e Silva,<sup>a,b</sup> † Marlene Thaitumu,<sup>†b,c</sup> Christina Virgiliou,<sup>b,d</sup> Alexandra Tiganouria,<sup>a,b</sup> Fernanda Rey-Stolle,<sup>e</sup> Glykeria Avgerinou,<sup>f</sup> Anatoli Petridou,<sup>f</sup> Vasileios Mougios,<sup>f</sup> Georgios Theodoridis<sup>a,b</sup> and Helen Gika<sup>b</sup> \*<sup>b,c</sup>

Global metabolic profiles of dried blood microsamples (B $\mu$ S) were studied in comparison to conventional plasma and blood samples using Gas Chromatography-Mass Spectrometry (GC-MS). Venous blood from 10 healthy, overnight-fasted individuals was collected and used to produce dried microsamples on Whatman cards, Capitainer and Mitra devices. In parallel paired plasma samples were collected. The metabolite extraction protocol was optimized and methanol was selected as the extraction solvent. Twenty  $\mu$ L of the venous B $\mu$ S and plasma were analyzed using the Fiehn GC-MS protocol which includes methoximation and trimethylsilylation derivatization steps. In an additional study, three paired finger capillary B $\mu$ S (Mitra), liquid venous blood, and plasma metabolic profiles were evaluated. B $\mu$ S devices, mainly the Mitra, provided equivalent or greater information than plasma, considering it had the highest mean abundance of features and most annotated metabolites (37) with highest abundance. Additionally, in the last study, 14 metabolites had statistically higher abundance in the capillary blood Mitra B $\mu$ S compared to liquid venous blood and plasma. Overall, the results suggest that B $\mu$ S is a viable alternative for untargeted blood metabolomics, providing comparable information. Since the different B $\mu$ S devices capture different metabolic profiles, the choice of device for a research study should be carefully considered depending on one's goals.

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## 1 Introduction

In recent decades, omics disciplines, which comprehensively profile endogenous molecules in biological specimens, have emerged as rapidly advancing fields within bioanalysis. Among these, metabolomics, the systematic study of small-molecule metabolites involved in biochemical pathways, has attained significant prominence as a critical tool for elucidat-

ing cellular phenotypes and metabolic states.<sup>1,2</sup> Metabolomic blood analysis holds great promise for clinical laboratory applications by enhancing diagnostic efficiency and enabling more comprehensive disease risk assessment, areas where current diagnostics often fall short. Thanks to advances in analytical and computational methods, a mere microliter of blood ( $\leq 1 \mu\text{L}$ ) is now sufficient for comprehensive metabolic profiling. This renders blood microsampling (B $\mu$ S) techniques an attractive asset in metabolomics as they also offer many other advantages. It is a minimally invasive, cost-effective approach allowing sample collection outside clinical settings, including at home.<sup>3-5</sup>

Dried Blood Spots (DBS), the oldest form of B $\mu$ S, have been applied for decades in numerous analyses<sup>6-8</sup> with a main focus on diagnosing infections and the screening for inborn errors of metabolism.<sup>9</sup> However, recently, new and innovative B $\mu$ S technologies have emerged overcoming some of the DBS drawbacks, such as hematocrit bias.<sup>10</sup> New quantitative B $\mu$ S devices offer high accuracy in collection volume and analytical precision, both critical features for metabolic profiling studies and targeted metabolomics.

Since the first use of GC-MS to measure derivatized fatty acids in DBS,<sup>11</sup> GC-MS analysis of B $\mu$ S has evolved within the

<sup>a</sup>School of Chemistry, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece. E-mail: dmarque@auth.gr, gtheodor@chem.auth.gr, atiganoa@chem.auth.gr

<sup>b</sup>Biomic AUTH, Center for Interdisciplinary Research and Innovation (CIRI-AUTH), Balkan Center, B1.4, 12 57001 Thessaloniki, Greece. E-mail: cvirgiliou@cheng.auth.gr

<sup>c</sup>School of Medicine, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece. E-mail: mthai@auth.gr, gkikae@auth.gr

<sup>d</sup>Department of Chemical Engineering, Aristotle University of Thessaloniki, Thessaloniki 54124, Greece

<sup>e</sup>Centro de Metabolómica y Bioanálisis (CEMBIO), Facultad de Farmacia, Universidad San Pablo-CEU, CEU Universities, Urbanización Montepríncipe, 28660 Boadilla del Monte, Madrid, Spain. E-mail: frstolle@ceu.es

<sup>f</sup>School of Physical Education & Sport Science at Thessaloniki, Aristotle University of Thessaloniki, 57001 Thessaloniki, Greece

† Authors with equal contribution.







Fig. 1 Schematic of the study design.

accurate quantification of target metabolites. The samples were briefly vortexed for 10 min. Afterwards, the samples were centrifuged at 6720g for 10 min at 4 °C. All the supernatant was transferred to glass vials and evaporated using a speed vacuum concentrator.

The Fiehn methoxymation–trimethylsilylation derivatization protocol was applied<sup>23,24</sup> as follows. First, 10 μL of methoxyamine (MeOX) (40 mg mL<sup>-1</sup> in pyridine) was added – to protect ketone groups – and the samples were briefly vortexed and incubated for 90 min at 30 °C. In the second step, 90 μL of 1%–TMCS in MSTFA was added, the samples were vortexed and incubated for 30 min at 37 °C. The MSTFA reacts with molecules containing acidic protons which are common in carboxyl, hydroxyl, amino, imino, and sulfonyl groups thus making them non-polar and reducing their boiling point.<sup>24</sup> As a final step, 10 μL of 6.25 mg L<sup>-1</sup> pentadecane was added as a second internal standard, to assess analytical precision. It is used to assess the quality of the data and correct for variations in injection and signal abundance if necessary. The samples were loaded on the autosampler and left for six hours before injection in order to ensure complete derivatization.<sup>25</sup> QC samples were prepared using pooled liquid venous blood from the ten individuals. The QC samples were prepared using the same protocol detailed above and injected five times within the run, after every two injections. Initial trials on extraction optimization were performed in a pool sample.

**2.4.2.2 BμS extraction optimization.** Four different extraction solvents were evaluated, *i.e.* MeOH, ACN, MeOH–H<sub>2</sub>O 60 : 40 (v/v), and ACN–MeOH 70 : 30 (v/v) on each device, in triplicate. Either one Mitra tip (20 μL), one Whatman spot (20 μL) or two Capitainer discs (each 10 μL), prepared with pooled blood

were placed in 1.5 mL Eppendorf tubes and hydrated using 20 μL of H<sub>2</sub>O. 10 μL of the ISTD myristic-d<sub>27</sub> acid was added to the Eppendorf, followed by 300 μL of one of the extraction solvents. The samples were briefly vortexed and sonicated for 10 minutes (min). Afterwards, the devices were removed with tweezers, and the tubes were centrifuged (6720g for 10 min at 4 °C). The supernatants (290 μL) were transferred to clean glass vials and evaporated using a speed vacuum concentrator (Eppendorf Concentrator plus, Stevenage, United Kingdom).

The samples were derivatized by applying the same protocol as previously described.<sup>23,24</sup> The samples were loaded on the autosampler and left for six hours before injection in order to ensure complete derivatization.<sup>25</sup> QC samples were prepared by mixing aliquots of the final extract from all the samples and injecting one QC after every five samples.

**2.4.2.3 Venous BμS vs. plasma comparison.** Samples from the ten individuals collected using the three BμS devices and plasma (20 μL) were extracted using the procedures described above with 320 μL of the extraction solvent selected as optimum, namely MeOH. After extraction, 85 μL of supernatant from each sample was aliquoted into three separate vials (*n* = 3 technical replicates). An additional 45 μL of supernatant from each sample was collected and mixed to prepare within-run QC. 85 μL (equal volume as the samples) of the QC mix was aliquoted into separate QC vials (same volume as the samples). The samples were evaporated and stored at –80 °C before derivatization. Derivatization was performed on the day of analysis based on randomized sequence. The derivatization protocol was as previously described albeit with one-third of the reagent volumes, given the reduced sample volume per replicate/vial. Accordingly, double the amount (20 μL) of the check standard pentadecane (diluted fourfold) was added after the derivatization before loading on the instrument. Like previously, injection was delayed for six hours to ensure derivatization was complete.

**2.4.2.4 Capillary BμS vs. blood and plasma comparison.** Plasma, venous blood and BμS with capillary blood were collected from 3 individuals. Plasma and venous blood were acquired through phlebotomy, while capillary blood was collected from a finger prick using Mitra tips, following manufacturer's instructions. 20 μL of plasma, whole blood and the Mitra tip were added to the Eppendorf tubes and extracted as described above. QC samples were also prepared as described in Section 2.4.2.2. Derivatization was performed on the day of analysis based on randomized sequence. Derivatization and addition of the internal standard (pentadecane) were carried out as described in session 2.4.2.2. Likewise, injection was delayed for six hours to ensure derivatization was complete.

## 2.5 GC-MS analysis

A Bruker EVOQ-456 GC-MS coupled with a PAL RSI autosampler was used. Separation was performed using a non-polar DBS-5 capillary column (5% – phenyl-methyl-polysiloxane) with helium as the carrier gas. The flowrate was 1.1 mL min<sup>-1</sup>. A PTV injector was used with the inlet temperature initially held at 110 °C for 1 minute (min), then ramped to 250 °C at





this experiment. Additional evidence to support such an approach can be found in SI Table S3.

For the evaluation of the number of features, only those with signal detected in at least two out of three replicates were considered. Based on these data, it was found that the highest number of features was detected using MeOH in two out of the three cases (149 in Whatman and 193 in Capitainer). For the Mitra device, the solvent yielding the highest number of features was ACN–MeOH 70 : 30 (v/v) (216 features) followed closely by MeOH (187 features). ACN–MeOH 70 : 30 (v/v) yielded the second highest number of features for Whatman (125 features), and MeOH–H<sub>2</sub>O 60 : 40 (v/v) was the second best for Capitainer (156 features). A graphical illustration of the number of detected features per extraction solvent and B $\mu$ S is shown in Fig. 2 where abundance in color corresponds to increase in the number of detected features. As can be seen, Whatman yielded fewer features than the two other devices, regardless of the solvent used. Venn diagrams displaying how many features were unique and common between the solvents in each B $\mu$ S device are shown in Fig. S1.

Regarding the overall abundance of the detected features (signals detected in at least two out of three replicates), MeOH appeared to be the most efficient. A comparison of the features abundance per solvent extract and B $\mu$ S device can be seen in Fig. 3. In the figure the color represents the sum abundance of all features in a given solvent, after averaging the values found in the triplicates. In addition to producing the highest number of extracted features, MeOH also yielded the greatest total abundance across all three devices. MeOH–H<sub>2</sub>O 60 : 40 (v/v) followed and then ACN–MeOH 70 : 30 (v/v) with extracted features of the highest abundance in the Mitra and Capitainer. ACN was the least effective solvent for all the B $\mu$ S devices. It should be noted that apart from the lowest number of features, Whatman yielded also lower features intensities than both Mitra and Capitainer, regardless of the solvent used which could limit the coverage in metabolite information.

As a means to examine characteristics of precision per extraction condition if any, features intensities RSDs in the triplicate injections were calculated per solvent. The RSD distribution of the different solvents in all the B $\mu$ S devices were not vastly different. However, there were slight differences. For Whatman, ACN–MeOH 70 : 30 (v/v) had the lowest mean RSD (35.28%), followed by MeOH (49.17%), ACN (45.26%) and MeOH–H<sub>2</sub>O 60 : 40 (v/v) (51.89). MeOH–H<sub>2</sub>O 60 : 40 (v/v) was the most reproducible solvent for Capitainer (RSD = 34.51%), followed by ACN (40.57%), MeOH (47.08%) and ACN–MeOH 70 : 30 (v/v) (51.71%). Likewise, MeOH–H<sub>2</sub>O 60 : 40 (v/v) provided the lowest RSDs for Mitra (RSD = 38.57%), closely followed by ACN (42.65%), MeOH (44.14%) and ACN–MeOH 70 : 30 (v/v) (49.14%). Thus, no specific trend was observed per extraction solvent regarding reproducibility of the acquired metabolic fingerprint. The mean features RSD per solvent and device is represented with a color gradient scale in Fig. 3.

Summarizing, MeOH proved to be the most appropriate extraction solvent for the different B $\mu$ S devices, as it yields the largest features abundance, high number of features, and comparable RSD distribution with the other solvents. ACN–MeOH 70 : 30 (v/v), which also showed good results, was a close second. Neat ACN and MeOH–H<sub>2</sub>O 60 : 40 (v/v) showed the poorest performing results when evaluating all the aforementioned criteria. Therefore, MeOH was selected as the optimum extraction solvent for use in the B $\mu$ S and plasma comparison study.

### 3.3 Venous B $\mu$ S in different devices *versus* plasma

**3.3.1 Metabolic coverage.** For practical reasons standardized surrogates of B $\mu$ S were used by applying a defined volume of venous whole blood onto Whatman cards or devices. By this way a higher number of B $\mu$ S, collected under controlled sampling could be studied, to compare the global metabolic profiles between the three B $\mu$ S and the most widely used blood type in metabolomics studies, namely plasma. A



**Fig. 2** Number of detected features corresponding to metabolic information obtained from each B $\mu$ S device using different extraction solvents: ACN, ACN–MeOH 70 : 30 (v/v), MeOH, and MeOH : H<sub>2</sub>O 60 : 40 (v/v). Abundance in color (white to red) corresponds to increase in the number of detected features.





**Fig. 3** Summed intensities of the features per extract and microsampling devices and mean RSD in the triplicates. The size of the nodes represents the total abundance of all features in logarithmic scale, whilst the color abundance represents the mean RSD per condition.

set of 10 venipuncture blood samples collected on the three  $\mu$ S devices and the paired plasma samples were extracted using the defined optimum extraction solvent (MeOH). After the data was normalized using a QC-based linear model in the QC MXP software, they were examined under comparison criteria between the four matrices (three  $\mu$ S devices and plasma) including total number of features detected, features mean abundance, and number and abundance of annotated metabolites.

After normalization was performed, no significant signal variation was present, as shown by the QC's correlation value ( $R^2 = 0.994$ ). The variation of IS pentadecane and myristic acid  $d_{27}$ , together with other quality assurance analysis can be found in SI Table S4. Regarding the number of features detected per matrix after being processed separately, all four presented a very similar features count: plasma yielded 118, Whatman 119, Mitra 117, and Capitainer 112.

The intensities of the features were also quite similar between the different types of samples. Mitra had the highest mean abundance while plasma had the lowest. Boxplots in Fig. 4 displaying the  $\log_2$  average peak area of each feature in each matrix show a very similar distribution of features intensities per sample type extracts.

Next, we evaluated the peak area (abundance) of the annotated metabolites per extract. The results of the abundance of the annotated metabolites per condition can be seen in Fig. 5 in the form of a heatmap, where the median of each annotated metabolite across the ten healthy individual samples in each device and plasma is illustrated. Mitra showed to have the highest median abundance in most compound classes (amino acids, fatty acids, organic acids and others), followed closely by Capitainer, which presented higher abundance for the sugars. Overall, Whatman displayed lower abundance for most annotated metabolites compared to the other  $\mu$ S devices with the



**Fig. 4** Boxplots showing the mean  $\log_2$  peak areas of each feature detected in the four different matrices after extraction with methanol. The lines in each box represent the median peak area, while the dots represent the features.





Fig. 5 Median abundance of each metabolite in the extracts from four different types of samples. Color indicates increase in abundance (yellow to red: lowest to highest).

exception of isoleucine, glycerol monostearin, and palmitoyl glycerol.

**3.3.2 Metabolic information acquired.** The obtained metabolic fingerprints were analyzed by multivariate techniques to explore major trends among the different sampling approaches and understand the potential of the B $\mu$ S to provide information on a biological question.

After excluding features with >30% CV in the QCs from the normalized data (normalized raw data was log<sub>2</sub>-transformed and average of the individual triplicates was used) an unsupervised principal component analysis (PCA) of the four matrices was performed with pareto scaling. Missing values were imputed using the *k* Nearest Neighbors (*k*NN) method (*k* = 3). The PCA showed clear discrimination between the four matrices as can be seen in Fig. 6. The  $R^2$  value of the model was 0.702 and the  $Q^2$  value was 0.351. Hotelling's T<sub>2</sub> test identified one sample (Capitainer, individual 7), as an outlier. To assess this outlier's influence on the data, the model was repeated excluding this measurement, which rendered no significant alteration on the clustering of the groups, or on the  $R^2$  and  $Q^2$  values. Plasma showed to clearly differ from the B $\mu$ S matrices as seen on principal component 1 ( $R^2X[1]$  0.293) indicating the different information captured. Mitra device also



Fig. 6 PCA plot projecting metabolic profiles of plasma and the paired B $\mu$ S extracts. B $\mu$ S provide different profiles when compared to plasma. Mitra also exhibits distinct profiles away from Capitainer and Whatman while the latter two had some overlap.  $R^2 = 0.702$  and  $Q^2 = 0.35$ .

showed to have a more distinct profile in comparison to the other two B $\mu$ S matrices as seen on principal component 2 ( $R^2X[2]$  0.169). Capitainer and Whatman clusters had an overlap indicating similarity in their metabolic profiles, something that can be expected due to the same nature of the



material used. Further inspection of  $m/z$  over RT features plots (see Fig. S2) of the four matrices confirmed the PCA results shown in Fig. 6.

These findings differ in certain aspects from our previous results.<sup>16</sup> In our earlier similar work where the extracts were analysed using a LC-QTOF platform, plasma was also clustered separately from B $\mu$ S, illustrating the inherent differences between the matrices. However, Mitra and Whatman had more similar profiles to each other, while Capitainer's Metabolic profiles were clearly different. This evidence shows how GC-MS reveals different facets of metabolic information compared to LC-based approaches.

Another factor that may contribute to the differentiation between the groups is variation in matrix composition. In this study, blank subtraction was performed to remove potential contaminants originating from the B $\mu$ S devices. Evaluating and accounting for contaminant signals from B $\mu$ S devices is crucial when applying these technologies in real-world analyses.

To identify the contributing metabolites in the differentiation among plasma and B $\mu$ S, supervised partial least squares discriminant (PLS-DA) analysis was performed. The PLS-DA models showed clear discrimination between plasma and every B $\mu$ S device, confirming significant differences in the metabolic profiles. All PLS-DA models were valid with an ANOVA  $p < 0.05$ ,  $R^2$  (model goodness)  $> 0.5$  and  $Q^2$  (model predictability) and  $R^2 > Q^2$  (see Fig. S3).

From each of the PLS-DA models (plasma vs. Mitra, plasma vs. Whatman, and plasma vs. Capitainer) features with variable importance projection (VIP) scores  $> 1$ ,  $p$  (correlation)  $\geq |0.5|$  and  $p[1]$  (covariance)  $\leq |0.5|$  were found. Next, T-TEST analysis was performed (2-tailed and assuming unequal variance) and the  $p$  values were adjusted for multiple hypothesis testing using the BKY method with a desired FDR rate of 0.5%. Features with  $q$  (adjusted  $p$  values)  $< 0.004$  were matched with those that passed the first three criteria detailed above and were, therefore, determined to be statistically significant in the discrimination of the matrices.

Based on these models it was found that 22 metabolites differed significantly between plasma and Capitainer. From these, 7 could be annotated. Asparagine, mannose, galactose, glutamine,  $\beta$ -alanine and 7-ketocholesterol had higher abundance in plasma, while 10,12-Tricosadiynoic acid was higher in Capitainer. In the other case between plasma and Mitra, 25 features were significantly different and of these, 10 were annotated. Glutamic acid, cholesterol and 7-ketocholesterol were higher in plasma, while erythronic acid, malic acid, malonic acid, glutamine, aspartic acid, myo-inositol and  $\beta$ -alanine were higher in Mitra. Lastly, between plasma and Whatman, there were 18 discriminant features, from which 6 could be annotated. Cholesterol, malic acid, erythronic acid,  $\beta$ -alanine and 7-ketocholesterol had a higher median in plasma, while 10,12-Tricosadiynoic acid was higher in Whatman. When comparing all these metabolites that differentiate between plasma and the various B $\mu$ S, six of those metabolites,  $\beta$ -alanine, 7-ketocholesterol, and four unknowns

were common in all three pair comparisons. In the upset plot shown in Fig. S4 the number of common annotated metabolites that differed in the three pair comparisons (plasma vs. various B $\mu$ S) are summarized.

These results are not fully aligned with those published in a similar study by Drolet *et al.*,<sup>21</sup> where all annotated metabolites were detected in plasma, but some were missing in venous DBS including adenosine triphosphate (ATP), 5-methyltetrahydrofolic acid, iso-citrate, and other phosphates. In the current study, the reported as missing in DBS extract in comparison to plasma by Drolet *et al.*, were not detected at all, though the extraction solvent was the same. In contrast, the captured information was very similar in all four extracts, all annotated metabolites were identified in all four matrices albeit at different abundance. Most of the unknowns were present in all the matrices, as it can be seen on the similar features number of each B $\mu$ S device. Given that in the previous study no storage time was defined, this may have had an impact on the results as the samples of the current study had been in storage at  $-80$  °C for more than 6 months.

Lastly, we evaluated the ability of each of the matrices to capture sex-oriented metabolites using PCA. No clear classification based on sex was observed in any of the matrices as seen in Fig. S5, however there is a slight separation in Mitra and plasma in the first two components  $R^2[X1] = 0.293$  and  $R^2[X2] = 0.169$ . In previous works where Volani *et al.*<sup>14</sup> had compared sex metabolic profiles using capillary blood collected on Mitra, venous blood collected on Mitra and plasma, differences were seen. In that study, gluconic acid, an intracellular metabolite<sup>31</sup> showed significantly higher concentrations in males in Mitra compared to plasma. Other metabolites including citrulline, aspartic acid, and *s*-adenosyl-homocysteine, though not at a significant abundance, after multiple hypothesis testing, showed the same trend.

#### 3.4 Capillary B $\mu$ S device vs. whole blood and plasma

The findings presented above are based on the analysis of venous B $\mu$ S extracts, due to the inherent limitation to acquire multiple samples from fingertips to study experimental parameters. Although this does not fully replicate the clinical conditions of fingerstick sampling, venous B $\mu$ S serves as a practical and standardized surrogate for early-phase studies. The findings provide information on the effect of the material used and the drying step and knowledge on the differences in abundance seen in plasma *versus* whole blood at given conditions in healthy individuals. Further analysis was therefore conducted to compare the overall untargeted profile obtained by capillary blood sampled with the B $\mu$ S over liquid whole blood and plasma. Given that Mitra provided satisfactory results in terms of both data richness and its ability to explain biological variation, further study was conducted using Mitra devices in a "real-world application" by collecting blood from fingertips.

Unlike the previous analyses, this dataset was processed using XCMS due to data format incompatibilities. It is important to note that, as this was an independent analysis, the use



of a different software platform does not affect the interpretation of the results. A PCA model that was constructed and is provided in Fig. S6 showed that the three matrices differ to a considerable extent across t1 with an explained variation of 57% ( $R^2 \times [1] = 0.57$ ).

As it was expected, greater difference was observed between  $\mu\text{S}$  and plasma, whereas whole blood is in between. The metabolic profiles of the Mitra for all three individuals is however still distinct from their paired venous liquid blood. Differences due to variation of some metabolites abundance in capillary blood when compared to venous blood but also due to instability or stability of metabolites after the drying step should be considered. The effect of EDTA anticoagulants used in whole blood and plasma should also not be disregarded as it may alter the acquired metabolic profiles.<sup>32</sup>

Univariate analysis was performed in pairs for all three individuals to compare the signals in the three different matrices. Features were considered when the ratio to blank was higher than 20 and statistically significant metabolites were considered when the  $p$  value was below 0.05 and if they passed the Benjamini, Krieger and Yekutieli False Discovery Rate test. Based on these criteria, 23 metabolites were found statistically relevant for the separation between whole blood and Mitra in two out of the three tested individuals.

Out of these, 14 metabolites were found at higher abundance in Mitra in all 3 individuals compared to blood or plasma (see Fig. 7). These include seven aminoacids and derivatives such as serine, valine, asparagine, aspartic acid, glutamic acid, ornithine and threonine, fatty acids such as palmitic, oleic and stearic acids as well as cholesterol and gly-



Fig. 7 Abundance of metabolites found to differ between Mitra capillary blood collected from the finger tip of three healthy individuals and their paired blood and plasma samples.



cerol, 1,5-Anhydroglucitol and myo-inositol were also found at higher abundance in the Mitra extracts compared to the other blood samples.

In some other cases such as the  $\beta$ -allopyranose and glycerol, the abundance was found lower in Mitra extracts.

Among the significantly different signals revealed by the statistical analysis was also EDTA which was absent in Mitra and present in both blood and plasma (much lower in whole blood).

There were also metabolites that did not show a constant trend in all three individuals, such as glucose, urea, oxalate and monomystirin.

The observed differences between venous blood and  $\text{B}\mu\text{S}$  profiles apart from artifacts induced by the  $\text{B}\mu\text{S}$  device itself, may also arise from inherent biological differences between venous and capillary blood. Indeed, capillary blood, which bridges arterial and venous circulation, has a composition distinct from both—though more similar to arterial blood. As well as that, interstitial and intracellular components are also inevitably acquired when collecting capillary blood, and might also interfere with the overall metabolic profiles.<sup>33</sup>

Overall, capillary blood remains a relatively underexplored matrix compared to conventional specimens such as plasma and venous blood, particularly with respect to global metabolite profiling. Reference concentration ranges of metabolites in capillary blood are less well established. There are reports of specific cases of metabolites such as glucose which is found in higher concentrations in capillary blood compared to liquid venous blood;<sup>34</sup> urea was reported to have similar concentration levels in capillary and venous serum.<sup>35</sup> However no bridging data in large cohorts for various metabolites exist.

The glucose trend found in our study agrees with the previous report, while urea did not show a constant trend among the three individuals as can be seen in Fig. 7.

A notable difference was observed for a few metabolites *e.g.* glutamate, aspartate, valine, serine and myoinositol whose abundance was double or even more in Mitra (in all three individuals) compared to blood. This could be explained by the similarity of capillary to arterial blood which often contains higher concentrations of certain metabolites, such as amino acids. In a paired arterial and venous plasma study from 20 healthy individuals, arterio-venous differences from fold change 1 (valine, serine) to up to 3 (glutamate) have been shown for amino acids.<sup>36</sup> In addition, as myo-inositol is also taken up by peripheral tissues such as muscle and skin, it is expected to be lower in venous blood—collected downstream of these tissues. It should be noted that when venous Mitra was compared with plasma above (paragraph 3.3), some of these metabolites were not found to differ, while *e.g.* for glutamate the opposite trend was observed (lower in venous Mitra than in plasma).

In general, differences were also observed between blood and plasma for the aforementioned metabolites, varying by individual. This indicates that metabolite abundance is influenced by both individual metabolite state and metabolite func-

tion. Studies with larger cohorts of healthy individuals are therefore essential to draw robust conclusions.

When comparing plasma and Mitra, 67 compounds were found to be statistically different in the three pair comparisons of the individuals. As expected, the number of differentiating metabolites for these two matrices was greater in comparison to whole blood comparison which was besides shown by PCA (Fig. S5).

In an upcoming study involving more than 20 healthy individuals, where paired plasma and fingertip Mitra samples are being collected, we plan to further evaluate and validate the findings reported here.

## 4 Conclusions

Our study demonstrates that  $\text{B}\mu\text{S}$  represents a robust and practical surrogate for blood and plasma in GC-MS metabolomic profiling, achieving a remarkably comparable metabolite coverage with only minimal losses. This establishes  $\text{B}\mu\text{S}$  as a viable and powerful alternative, particularly given its substantial advantages in ease of collection, reduced invasiveness and simplified logistics. Yet, it should be noted that certain metabolites may be underrepresented in dried matrices, highlighting the importance of careful validation when specific compounds are critical to a study.

Importantly, next-generation microsampling devices such as Mitra and Capitainer have proven capable of delivering information equal to, or in some cases surpassing, that obtained from conventional plasma samples. While these devices inevitably generate data that differ from plasma and whole blood profiles, owing both to the dried *versus* liquid matrix and the inclusion of cellular metabolites, they open new analytics windows that extend beyond the scope of traditional sampling.

These findings underline a key message:  $\text{B}\mu\text{S}$  is not merely a substitute for plasma but a distinct and highly valuable matrix that can transform metabolomics workflows. With careful, application-specific validation,  $\text{B}\mu\text{S}$  could reshape clinical and translational research, expanding metabolomics into settings where traditional sampling is impractical or impossible.

## Author contributions

Conceptualization: Helen Gika; resources: Daniel Marques de Sá e Silva, Marlene Thaitumu, Helen Gika, Georgios Theodoridis; methodology: Helen Gika, Daniel Marques de Sá e Silva, Marlene Thaitumu, Christina Virgiliou; investigation: Daniel Marques de Sá e Silva, Marlene Thaitumu; data curation: Daniel Marques de Sá e Silva, Marlene Thaitumu; formal analysis: Daniel Marques de Sá e Silva, Marlene Thaitumu, Alexandra Tiganouria; writing – original draft preparation: Daniel Marques de Sá e Silva, Marlene Thaitumu, Helen Gika; writing – review, and editing: Daniel Marques de Sá e Silva, Marlene Thaitumu, Helen Gika, Christina Virgiliou, Georgios Theodoridis, and Fernanda Rey-Stolle; supervision by Helen



Gika and Georgios Theodoridis. All authors have read and agreed to the published version of the manuscript.

## Conflicts of interest

The authors have no competing interests to declare that are relevant to the content of this article.

## Institutional review board statement

All experiments were performed in accordance with the guidelines of the Declaration of Helsinki. The study was approved by the Research Ethics Committee of the Aristotle University of Thessaloniki (#306272/2022).

## Informed consent statement

Informed consent was obtained from all subjects involved in the study.

## Data availability

Data for this article, including raw and processed spectral data, are available at MassIVE repository, under the ID **MassIVE MSV000099001** and is available at <https://doi.org/doi:10.25345/C5DR2PN68>.

Supplementary information (SI) is available. Fig. S1 Common and unique features from each B $\mu$ S device using different extraction solvents. Fig. S2 Plot of retention time vs m/z from the GC-MS analysis of the four different extracts from 10 individuals. Fig. S3 PLS-DA models showed clear discrimination between plasma and every B $\mu$ S device. Fig. S4 Upset plot showing common annotated metabolites that differentiate plasma from various B $\mu$ S. Fig. S5 PCA models of metabolome classification based on sex in the four extracts. Fig. S56 PCA plot analyzing metabolic profiles of plasma, whole blood and Mitra B $\mu$ S devices. Supplementary Table S1 – FAMES RI. Supplementary Table S2 – Liquid blood annotations. Supplementary Table S3 – QA Solvent Optimization. Supplementary Table S4 – QA Device Comparison. See DOI: <https://doi.org/10.1039/d5an00937e>.

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