

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 48 hours of collection.

Important: Ensure that both the gel freezer pack and your sample are completely frozen prior to shipping (usually around 4 hours).

When you are ready to ship

- Ensure that you have provided the following information:
 - » Personal Information Form: make sure the form is completed. **(i)**
- Prepare your shipment:
 - » Retrieve the bio-hazard bag containing your sample and gel freezer pack from the freezer. **(ii)**
 - » Place the bag into the supplied silver thermo envelope, along with the completed Personal Information Form and seal. **(iii)**
 - » Place the silver thermo envelope into the supplied box, place the box in the return shipping bag and ship (see Shipping Instruction). **(iv)**



OAT / MycoTOX / TOXDetect / Glyphosate / EnviroTOX

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Welcome To Your Test Kit

You have chosen to do a OAT/ MycoTOX/ TOXDetect/ Glyphosate/ EnviroTOX (Urine Profile) Test from Nordic Laboratories, which will provide information to help you on your personal health journey.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on **+45 33 75 10 00 / +44 (0)1580 201687** or email **info@nordic-labs.com**

Check Your Kit

In this kit you will find all the material needed for your collection. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

Shipping Materials

- Box containing the collection kit **(a)**
(keep this box for returning your samples)
- Shipping Instruction & materials
- Personal Information Form **(b)**
- Silver thermo envelope **(c)**
- Small gel freezer pack **(d)**

Collection Materials

- 1 x Urine collection cup with lid **(e)**
- 1 x Bio-hazard bag with absorbent pad **(f)**



Head Office:
Nygade 6, 3.sal
1164 Copenhagen K
Denmark

Contact:
Tlf: +45 33 75 10 00
info@nordic-labs.com
www.nordic-labs.com

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Start here

Please read the instructions carefully and follow them step by step.

Please note: If the collection instructions are not followed carefully, it may lead to a delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

Personal Information Form: Verify that Name, Sex, and Date of Birth are correctly stated.

When to schedule your collection

This sample is to be collected in the morning, prior to eating or drinking (see Collection Procedure).

Prior to collection

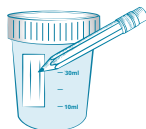
- **Urine that is too diluted is the leading cause of sample rejection**
- Decrease liquid intake to avoid excessive dilution of the urine
- For adults, restrict fluid intake starting at 6pm the night prior to collection. Urine must be yellow in colour, if urine is clear the sample is too diluted. Discard diluted sample, rinse collection cup in hot water ONLY (no soap) and air dry, then recollect
- Empty your bladder before going to bed at night (do not collect this urine).

Important notes

- Do NOT collect urine during menstruation.

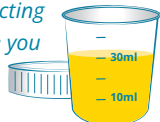
Specimen Collection Procedure

- 1 Write your name, date of birth, collection date and time on the label attached to the urine collection cup with lid. Also note date of collection on the Personal Information Form.

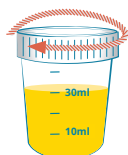


- 2 Collect your first morning urine into the urine collection cup with lid. Please ensure that you collect enough urine - at least 10 ml of urine per test (minimum). If you are doing more than one test, you must add 10ml for each extra test required.

For example, if you are collecting OAT, MycoTOX & Glyphosate you must supply a minimum of 30 ml of urine.



- 3 Screw the lid tightly onto the urine collection cup and dispose of the remaining urine.



- 4 Place the sample and gel freezer pack into the bio-hazard bag and seal.



- 5 Place the bio-hazard bag containing the sample and the gel freezer pack into the freezer until ready to ship (minimum of 4 hours).



Preparing for your test

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner.

Organic Acids Test (OAT)

10 ml min.

For 48 hours before collection: Avoid apples, grapes, raisins, pears, cranberries, and their juices or products. Also avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements.

Wait 48 hours after completing a course of antibiotics.

MycoTOX Profile

10 ml min.

Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue (not required).

At least 3 days prior to collecting, **avoid** glutathione, charcoal, and bentonite clay or similar binders.

Samples cannot be tested for patients currently taking Mycophenolate mofetil (CellCept/Myfortic). Consult with your practitioner on when, or if, you can stop taking this medication for at least 72 hours before collection.

TOXDetect

10 ml min.

If you are taking the antibiotic Cephalexin (Cefalexin, Keflex, Bio-Cef, Novo-Lexin), wait a minimum of four days after the last dose.

Glyphosate

10 ml min.

None

EnviroTOX

20 ml min.

Follow the above preparation for **OAT** and **TOXDetect**.

EnviroTOX Complete

30 ml min.

Follow the above preparation for **OAT**, **TOXDetect** and **MycoTOX**.