



## Organic Acid Test Instructions:

### Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and fill out all information on both the urine cup and requisition form when collecting your sample.

### Before You Begin:

Upon receiving your lab kit please read through the instruction sheet included titled: “Urine Collection Instructions”. Please also read through full instructions on this document before collecting samples.

If you have any questions about the instructions please contact Great Plains Laboratory:

- Phone: (+1) 800-288-0383
- Email: [customerservice@gpl4u.com](mailto:customerservice@gpl4u.com)

### Collection: How to Complete the Urine Collection

Follow the instructions as outlined on the Urine Collection Instructions, also please note the following tips:

- **48 hours before** collecting your urine sample: please avoid apples, grapes, pears, cranberries (whole and juice products). Also avoid arabinogalactan, echinacea, reishi mushrooms, ribose supplements, and other vitamins/minerals unless necessary
- Put ice pack in freezer upon receiving kit so that it is ready to go for shipping
- *Women: do not complete this lab during menstruation*

### Upon Waking Urine Collection

- Collect 30ml of urine in the sample cup (about 1/2 way filled) first thing in the morning, prior to drinking or eating
- The sample should be yellow in color and not diluted. If it is too pale, please redo the following day (you may need to limit liquids the night before)
- Place sample in freezer until ready to ship with the freezer pack

## Mailing Sample (OAT)

- US Only: Place all contents (urine with freezer bag) & forms back in the lab kit box and drop off at your nearest FedEx location or call for pickup
- **\*\*Be sure to ship on a Monday-Wednesday so it reaches the lab before the weekend, as the lab cannot accept shipments over the weekends**
- International samples: You are responsible for arranging shipping and associated costs back to the lab. Please contact your local post office to find the most appropriate way to send internationally, tracking is recommended. Sample should be frozen (freezer pack included) and reach the lab within 5 days of sending in order to remain viable
- Shipping Address:  
The Great Plains Laboratory, Inc. 11813 West 77th Street. Lenexa, KS 66214, USA

## Questions?

Please see the following link if you misplace instructions and select “Urine Tests”: <https://www.greatplainslaboratory.com/new-collection-instructions>

If you have further questions about sample collection or mailing please contact GPL:

- Phone: (+1) 800-288-0383
- Email: [customerservice@gpl4u.com](mailto:customerservice@gpl4u.com)

# Food Sensitivity Lab Instructions:

## Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and fill out information on the blood spot sample card.

## Before You Begin:

Upon receiving your lab kit please read through the instruction sheet included titled: “IgG Food Allergy Test: Dried Blood Spot Collection”. Please also read through full instructions on this document before collecting samples.

If you have any questions about the instructions please contact Great Plains Laboratory:

- Phone: (+1) 800-288-0383
- Email: [customerservice@gpl4u.com](mailto:customerservice@gpl4u.com)

## Collection: How to Complete the Dried Blood Spot Lab

Follow the instructions as outlined on the Dried Blood Spot Collection Instructions, also please note the following tips:

- Use the lancet and push down on the top/side of your finger pad (use ring finger first)
- Hold your hand below your heart and allow the blood drops to hit the middle of the circle you are trying to fill
- Do not allow finger to touch the paper (just the blood drop) - see photo for example of how much to fill each spot. The lab will reject your sample if not filled enough
- Continue to allow blood to drop in the middle of the circle, allowing it to spread and fill the circle completely. Fill all circles on the card
- If needed, massage down your finger, moving blood towards the tip, squeezing gently
- Allow blood spot card to dry for 30 minutes before placing in ziplock bag and mailing
- Sample will remain viable for up to 21 days, so it must reach the lab by this time. If you cannot send sample right away, placing the card in the refrigerator is recommended.

## Mailing Sample (Food Sensitivity)

- US Only: Place all contents & forms back in the the pre-paid envelope and drop off at your nearest FedEx location or call for pickup
- International samples: You are responsible for arranging shipping and associated costs back to the lab. Please contact your local post office to find the most appropriate way to send internationally, tracking is recommended. Sample should reach the lab within 21 days of collection (*transit time does not matter as long as it reaches the lab within this time frame*)
- Shipping Address:  
The Great Plains Laboratory, Inc. 11813 West 77th Street. Lenexa, KS 66214, USA

## Follow Up Appointment

- Once you have mailed in ALL your lab samples, please follow the steps below to set up an appointment to review your results and new wellness recommendations:
  - **Option 1**: If you ordered your lab through [equilibriumnutrition.com](http://equilibriumnutrition.com) and it included a health coaching call, please email us at: [scheduling@equilibriumnutrition.com](mailto:scheduling@equilibriumnutrition.com)  
*Results will be sent to you via email on the morning of your call*
  - **Option 2**: If you ordered your lab through your IHP coach (purchased on EN without a coaching call), please email your Integrative Health Practitioner directly  
*Results will be sent to you via email when they are received - if your health coach ordered the lab for you please let us know and provide their email and name.*
- Results are typically ready after 3-4 weeks once samples have reached the lab (international samples may take up to 2 weeks to arrive at lab)

## Questions?

Please see the following link if you misplace instructions and select “IgG Food Allergy Test - DBS”: <https://www.greatplainslaboratory.com/new-collection-instructions>

If you have further questions about sample collection or mailing please contact GPL:

- Phone: (+1) 800-288-0383
- Email: [customerservice@gpl4u.com](mailto:customerservice@gpl4u.com)