



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

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

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

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

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

Hair Tissue Mineral Analysis Instructions:

Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and small sample envelope (where you will place your hair sample into: Patient name, sex, age.)

Before You Begin:

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

If you have any questions about the instructions please contact ZRT Labs:

- Phone (US): 602-995-1580
- Phone (Tollfree) 602-995-1580
- Email: information@arltma.com

Collection: How to Complete the Hair Tissue Sample

Follow the instructions as outlined on the Hair Sampling Instructions, also please note the following tips:

- Hair should be clean and dry when the sample is being taken
- For best results, hair should not be dyed, bleached, or permed, or wait approximately 6 weeks after any of these modifications to hair have been made.
- Head hair taken from the nape of the neck (in several small selections so as not to leave any noticeable patches), however, if you cannot use head hair you may take a sample from ancillary or pubic hair. Please note that samples from different places on the body should not be mixed.

Mailing Sample (HTMA)

- Place hair sample into the provided sampling envelope provided, enclose it and make sure to fill out all information on the envelope and requisition form.

- Place all contents (form and sample envelope) into the mailing envelope provided
- US ONLY: Attach a US stamp and your return address and place in local mailbox
**if the envelope has ripped at all, please use tape to ensure proper delivery.*
- **International samples:** You are responsible for arranging mailing and associated costs back to the lab. Please contact your local post office to find the most appropriate way to send internationally (tracking recommended)
- Shipping Address: 8605 SW Creekside Place, Beaverton, OR 97008 USA

Questions?

Please email us at support@equilibriumnutrition.com for help answering any further questions!

Thyroid Adrenal Hormone Lab Instructions:

**Complete on a work day or a normal stress day*

Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and fill out labels on all sample collection tubes.

Before You Begin:

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

Women:

- Regular Cycles: Collect on day 19, 20, or 21 of the menstrual cycle (Day 1 = first day of your period)
- Irregular Cycles: If you know when your period will start, choose 5 days before
- Unpredictable: Collect any day when not bleeding

If you have any questions about the instructions please contact ZRT Labs:

- Phone (US): 866-600-1636
- Phone (International) 1-503-466-2445
- Email: info@zrtlab.com

Collection: How to Complete the 4 Tube Saliva Test

Follow the instructions as outlined on the Weight Management Testing Instructions, also please note the following tips:

- Do not brush teeth , eat, drink (except water) at least 2 hours before providing samples
- If needed to produce more saliva swish water around in mouth 5-minutes before sample. Also, smell food or cut a lemon in half and sniff to produce more saliva.
- Be sure to fill out the information required on each test tube

Upon Waking (Large Tube)

- Spit into large tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

12:00pm (or Before Lunch – Small Tube)

- Spit into small tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

3:30-4:00pm (or Before Snack – Small Tube)

- Spit into small tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

Before Bed (Small Tube)

- Spit into small tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

For videos instructions on how to collect your Saliva samples please visit: <http://www.zrtlab.com/patients/how-to-collect-your-sample/>

Collection: How to Complete the Blood Spot Card

Follow the instructions as outlined on the Weight Management Testing Instructions, also please note the following tips:

- Use the lancet and push down on the top pad of your ring finger
- 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)
- Continue to allow blood to drop in the middle of the circle, allowing it to spread and fill the circle completely
- If needed, massage down your finger, moving blood towards the tip, squeezing gently
- Allow blood spot card to dry for 30 minute before mailing

Mailing Sample (Within USA Only)

- Place all contents & forms back in the plastic test kit box and then place in the return packaging provided.
- US ONLY: Attach the pre-paid UPS shipping label and drop off at your nearest UPS location
- 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 recommended)
- Shipping Address: 8605 SW Creekside Place, Beaverton, OR 97008 USA

Questions?

Please visit the following page for frequently asked questions about lab testing and shipping:
<http://www.zrtlab.com/faq/>

Instructional Videos can be found here:

<http://www.zrtlab.com/patients/how-to-collect-your-sample/>

Omega-3 Lab Instructions:

Forms & Paperwork:

Be sure to complete all forms and highlighted sections included in the test kit - please see “Submission Checklist” included to be sure all steps have been completed.

Before You Begin:

Upon receiving your lab kit please read through the instruction sheet included titled: “The Holman Omega-3 Test”. Please also read through full instructions on this document before collecting samples.

If you have any questions about the instructions please contact Lipid Labs:

- Phone: (+1) 888-630-6634
- Email: info@LipidLab.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 should be mailed within 24 hours ideally and arrive to the lab within 10 days. If you cannot send sample right away, placing the card in the refrigerator is recommended for best viability (sample is viable for up to a month at room temperature)

Mailing Sample (Omega)

- US Only: Place all contents & forms back in the the envelope, attach a stamp and fill out your return address then in the mail.
- 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:
Lipid Technologies, LLC, PO Box 216, Austin, MN 55912
- *If you cannot send to a PO Box, please use the following address:*
Doug Bibus, 1600 19th Ave SW, Austin, MN 55912

Questions?

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

- Phone: (+1) 888-630-6634
- Email: info@LipidLab.com

Follow Up Appointment

- Once you have mailed in ALL of 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 and it included a health coaching call, please email us at: 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)