



International Shipping

In order to ensure that your lab is shipped correctly please follow these instructions.

All international clients are responsible for arranging their own shipping and associated shipping costs when returning samples to the lab.

Please discard any domestic shipping labels included in your package.

We recommend sending samples via priority mail, or choosing your countries best shipping method to return the samples to the lab address below. Please contact the lab directly with any questions. If FedEx is available in your country, this seems to be a good option for many. We welcome your feedback on your countries best shipping method as well!

Great Plains Laboratory

(OAT, Food Sensitivity, Vitamin D, Toxicity, Mold Toxicity)

- **Shipping Address:**
The Great Plains Laboratory, Inc.
11813 West 77th Street
Lenexa, KS 66214 USA
- **Phone:** Toll Free (USA, Canada, and Puerto Rico): 800-288-0383
If calling from outside the United States, please dial your international access code and then 1 (U.S. country code) before the phone number.
- **Email:** customerservice@gpl4u.com
- **Urine Samples:** If shipping internationally you must FREEZE urine samples in order to maintain the integrity of the sample, and be sure to send with priority 2-day shipping on a Monday or Tuesday to ensure that the sample arrives to the lab on a weekday to be processed. Be aware that international priority shipping is expensive.

ZRT Laboratory

(Adrenal/Hormone, Thyroid/Adrenal/Hormone, Complete Thyroid, Sleep/Stress)

- **Shipping Address:**
ZRT Laboratory
8605 SW Creekside Place Beaverton, OR 97008
- **Phone:** 1-866-600-1636
- **Email:** info@zrtlab.com
- **IMPORTANT:** Saliva samples must reach the lab within 30 days if not frozen, if frozen will last longer. Blood spots must reach the lab within 45 days Dried urine samples must reach the lab within 30 days

Analytical Research Labs

(Hair Tissue Mineral Analysis)

- **Shipping Address:**
Analytical Research Labs, Inc. 2225 W. Alice Avenue
Phoenix, AZ 85021
- **Phone:** 1-602-995-1580
- **Email:** service@arltma.com
- **IMPORTANT:** If you would like to track the status of your package, ship in an envelope you can track. It usually takes 2 weeks to arrive to lab, the mailing process through customs can take longer.

Lipid Technologies

(Omega-3)

- **Shipping Address:**
Lipid Technologies, LLC
PO Box 216
Austin, MN 55912
- **Phone:** (507)438-7472
- **Email:** doug@lipidlab.com
- *If you cannot send to a PO Box, please use the following address:
Doug Bibus, 1600 19th Ave SW Austin MN 55912

SmartDNA

(Genetic DNA Test)

- **Shipping Address:**
ATTN: smartDNA PTY LTD
C/o 10515 Research Drive
Knoxville, TN 37932 USA
- **Phone:** 1300 022 750
- **Email:** simone@smartdna.com.au or lauren@smartdna.com.au
- *If sending from within Australia
SmartDNA, PO Box 4156 McKinnon VIC 3204

Follow Up Appointment

- When you mail in the lab please email scheduling@cabralwellnessinstitute.com to set up your follow up appointment (approx. 5-6 weeks later for some international samples) to review your results and new wellness recommendations.