

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://static1.squarespace.com/static/560ac814e4b067a33438ecea/t/61aa81d964be3b7738e72935/1638564313547/GPL_Test-Instructions_Urine.pdf

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 ARL:

- Phone (US): 602-995-1580
- Email: service@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: 2225 West Alice Avenue, Phoenix, AZ 85021 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 EquiLife and it included a health coaching call, please email us at: scheduling@equi.life

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 EL 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 email us at support@equi.life for help answering any further questions!