

Shipping and posting information:

Because of overseas shipping requirements , we do not receive samples on Fridays, Weekends or Bank Holidays.

Please ensure you post your samples to be received by us no later than Thursday Noon.

Failure to do so may require the test to be rejected and needing to be repeated.

If uncertain do check our website for details. www.regeneruslabs.com

All samples should be sent back according to the shipping details enclosed with this test collection kit.

NUT-7**Urine Amino Acids****Before You Start:**

Please read all of the directions Inc. shipping to familiarise yourself with the collection procedures.

The Urine Amino Acids analysis takes one day to collect and the specimen must be frozen for a minimum of 6 hours prior to shipment.

The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting this collection. Please refrain from taking non-essential medications or dietary supplements 48 hours prior to and during the specimen collection, unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.*

Female patients should not collect urine during a menstrual period.

Verify Kit Contents:

- 1 Polar Pack foam freezer brick
- 1 Styrofoam insulating sleeve
- 1 Specimen collection cup
- 1 Specimen vial
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Blue Shipping Bag
- 1 Orange 24-hour urine collection container
(only included with 24 hour collection kits, shipped separately)

If you are missing kit components, please call Regenerus Laboratories Limited Customer Service department for assistance.

Telephone : +44(0) 203 750 0870

Email: info@regeneruslabs.com

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Collection Instructions: ** Checking Shipping Guide before commencing this test. Please retain the outerbacking box for shipping.

IMPORTANT: Your physician will tell you to either collect: a first morning void (FMV) urine specimen OR a 24-hour urine specimen . Follow the appropriate directions listed below.

FMV COLLECTION

1) When you arise collect your first morning urination into the specimen collection cup. Pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.

2) In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection and your height & weight. (Your height & weight is required to produce a supplement schedule.) Check the box marked “ First morning void”.

3) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. **The test cannot be performed without the patient information on the vial.** Place the vial into the zip-lock bag, then place the bag and the foam freezer brick into a freezer until frozen solid (usually about 6 hours).

4) Retrieve the bag containing the frozen specimen and the foam freezer brick (Check shipping guide first). Place the zip lock bag containing the frozen specimen into the styrofoam insulation shell.

5) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the specimen and freezer brick back into a freezer until you are ready to ship the test collection kit.

24-HOUR URINE COLLECTION

1) When you arise skip your first morning urination. Begin your collection with your second urination and collect all other urination up to and including the first morning urination of the following day. Collect each urination in the specimen collection cup then pour the urine into the orange specimen collection container. Keep the orange container in a refrigerator until you are finished with your 24-hour collection.

2) Place the orange collection container on a level surface and read the volume from the markings on the container. In the collection information section of the requisition form (located in the upper right hand corner) fill in the date you finished the collection and your height & weight. (Your height & weight is required to produce a supplement schedule.) Tick the box marked “24-hours” and fill in the total volume collected.

3) Mix the urine by shaking the orange container for at least 30 seconds then pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.

4) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. **The test cannot be performed without the patient information on the vial.** Place the vial into the zip-lock bag, then place the bag and the foam freezer brick into a freezer until frozen solid (usually about 6 hours).

5) Retrieve the bag containing the frozen specimen and the foam freezer brick (Check shipping guide first). Place the zip lock bag containing the frozen specimen into the styrofoam insulation shell.

6) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the specimen and freezer brick back into a freezer until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.