


***** PLEASE REFER TO THE OTHER SIDE FOR THE STEP BY STEP COLLECTION INSTRUCTIONS *****

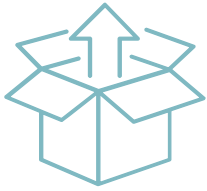
Vibrant Test	Diet/Supplement Restrictions	Tube Required
		<p>VWR® Metal-Free Centrifuge Tubes 15 ml (ALL TESTS REQUIRE 1 METAL-FREE TUBE)</p> 
Heavy metals	Avoid foods high in iodine (seafood, dairy, kelp) and selenium (Brazil nuts) up to 48 hours before collection	
Environmental toxins	Fasting for 24 hours may increase the excretion of toxic chemicals from the adipose tissue. <i>(Not required)</i>	

Collection instructions are applicable for **Mycotoxins, Heavy Metals, Environmental toxins, Organic acids,**

- Read all instructions thoroughly before sample collection. Failure to follow instructions described may cause the lab to reject samples.
- Do not collect samples when blood could be in your urine. Men, children and non-menstruating women may collect any day of the month. If collection has to be performed during menstruation, mid stream collection is recommended.
- Do not drink more than 8 oz water 1 hour prior to each urine collection. Samples may be rejected if the urine is too dilute.
- Please consult with your healthcare provider regarding eating, drinking and taking any supplementations or medications prior to sample collection.
- Ensure that the samples are labeled appropriately with name, date of birth, date and time of each sample collection. Samples with insufficient labeling will be rejected.

If you are doing **Heavy Metals** 24 hour urine collection, collect every urine specimen over the specified period of time using your own collection container(not provided with your kit) instead of the collection cup mentioned in step 2. Homogenize the total urine collected in the container and proceed with completing the collection from step 3 onwards by transferring to the 15ml specimen tube with a pipette. The physician will determine the collection time based on the type of chelating agent used or the evaluation needed for comparison.

Step 1



Open the box and spread out the contents. The items included are:

- 1 Bubble Mailer
- 1 Pipette
- 1 Urine Collection Cup
- 1 Identifier Label
- 1 Biohazard Bag
- 1 Specimen Tube

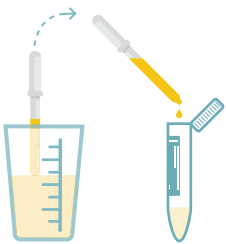
Step 2



Collect the first morning urine into urine collection cup. Collecting sample prior to eating or drinking is recommended.

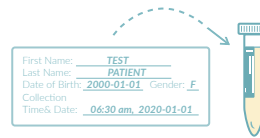
*Use collection cup supplied by Vibrant to prevent contamination.

Step 3



Pull off the cap from the specimen tube. Use the pipette to transfer the urine from the cup to the specimen tube. Fill to approximately the top of the tube label. Recap the specimen tube tightly by pushing down and twisting slightly. Please discard the cup after use.

Step 4



Fill out identifier label with your name, date of birth, date and time of collection. Place label onto the specimen tube.

Look below for the accepted labelling.

Step 5



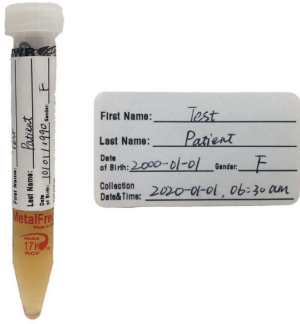



Place the specimen tube required for into the biohazard bag and seal completely. Place **FILLED OUT** requisition form into back pocket of biohazard bag.

Step 6



Place biohazard bag into return bubble mailer and seal. Mail the package to laboratory as soon as possible. Contact support to schedule a pick up, if needed.

Sample Acceptance Criteria

 <p>✓ Accepted tube & label</p>	 <p>✗ Blooded and/or overfilled</p>	 <p>✗ Dilute sample</p>	 <p>✗ Insufficient labeling (missing label, info, etc)</p>
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