

## UK Instructions for Collecting and Shipping

OATS (CMI30), GPL Tox (CMI41), GPL Mycotox (CMI42) MOATS (CMI32),  
Gluten /Peptide (CMI31), Glyphosate (CMI47)

### Kit Components

- One silver thermo envelope
- One small cardboard box
- One freezer Ice-Brix gel pack (place FLAT in the freezer)
- One urine collection cup (holds 70mL)
- One transparent specimen pouch
- One absorbent packing material sheet
- One blue return envelope and UPS return label
- Test Requisition Form

1. Ship urine **samples Monday through Thursday ONLY**.
2. Only use containers supplied within, to avoid contamination of specimens.
3. Females, please do not collect samples during menstruation.
4. Limit liquid intake starting at 6 pm the night prior to collection to avoid sample dilution. Urine must be yellow in color, if urine is clear, the sample is too dilute. Discard the dilute sample, rinse the collection cup in hot water only (no soap), and air dry, then recollect.
5. Do not consume alcohol for 48 hours prior to collection.
6. Fill out the Test Requisition Form completely. PRINT clearly
7. It is very important to collect and package the sample as instructed. If you have any questions, email customer service

Instructions			Collection Process	
Test	Min Reqs:	Items to Discontinue:	Urine Collection	After Collection
<b>Organic Acids (65) Microbial Organic Acids (20) Glyphosate</b>	10ml	Avoid apples, grapes, pears, and cranberries as well as their juices or products 24 hours before collection. Avoid arabinogalactan, Echinacea, reishi mushrooms, and ribose supplements for 48 hours before collection.	Collect the first-morning urine in the collection cup provided. Collecting samples prior to eating or drinking is preferred	Screw the lid on tightly. Freeze until ready to ship. Ship with frozen gel pack
<b>GPL Tox</b>	5ml	None		
<b>GPL-Myco TOX Profile</b>	10ml	Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue.		
<b>Gluten / Casein Peptides</b>	5 mL	Avoid soy protein consumption for at least one week prior to testing (soy oil & lecithin may be consumed).		

### Preparing the Specimen

1. Place the urine specimen into the clear specimen pouch along with the absorbent packing material sheet and Freeze. Fold your completed Test Requisition Form and place it into the side pocket of the specimen pouch.
2. Place frozen Ice- Brix gel pack and the urine sample(s) into the silver thermo envelope.
3. Remove the liner and seal the silver thermo envelope. Place the silver thermo envelope in the small cardboard box.
4. Close the box. Place the small cardboard box in the blue return envelope and seal it.
5. Return via UPS using the enclosed label and shipping instructions (Hold the sample in the freezer if the next day is not a working day in the UK).

Telephone UPS one working day before the collection is required or visit [www.UPS.com](http://www.UPS.com) /drop off for local drop-off points. UPS Customer Service (UK) +44(0)3457 877 877.

Request a Pickup for a Standard Returns Delivery, with a Pre-Paid Returns label. **Account Number AR6636. PLEASE KEEP A RECORD OF THE TRACKING NUMBER.**