

Shipping Preparation

When to schedule your shipment

- Ship your sample on the same day of collection (unless collecting on a Sunday as DHL do not collect on weekends). If you cannot ship your sample the same day you complete the collection, keep the white-capped vial and gel freezer pack in the freezer until you are ready to ship. Do not store for more than ONE day. Your sample must be shipped to us within 24 hours. Failure to do this may result in you having to recollect. **Important:** Ensure that both the gel freezer pack and your sample are completely frozen prior to shipping (usually around 6 hours).
- You must only ship to us on a Monday or Tuesday. If you are not able to arrange a collection for Monday then you may ship on Tuesday, but no later.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Retrieve the bio-hazard bag containing your sample and gel freezer pack from the freezer.
 - Place the bag into the supplied padded envelope, along with the completed Personal Information Form and seal.
 - Place the padded envelope into the supplied box, place the box in the return shipping bag and ship (see Shipping Instruction).



Welcome To Your Test Kit

You have chosen to do an Organix Comprehensive and Dysbiosis Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Small gel freezer pack
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu

Collection Materials

- 1 x White-capped vial (**the inside of the vial is coated with transparent thymol preservative which is not visible to the eye**)
- 1 x Pipette
- 1 x Label
- 1 x Bio-hazard bag
- 1 x Absorbent pad



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Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

When to schedule your collection

- This test is to be taken over the course of ONE day and it must be shipped back within 24 hours. To ensure that it reaches our laboratory within this time frame, you must ONLY collect your sample on a Sunday or Monday (If you collect on a Sunday you must ship on Monday as the shipping company does not collect over the weekend).
- This sample should be collected in the morning, unless you wake up at night to urinate (see Collection Procedure).

Prior to collection

- Decrease your fluid intake to avoid excessive dilution of the urine.
 - For adults, restrict intake to no more than three glasses containing 8 oz (230 ml) of fluid in 24 hours. Make sure that no more than 8 oz (230 ml) of fluid is consumed after 8:00 PM on the evening prior to urine collection.
- Empty your bladder before going to bed at night (do not collect this urine).

If you are taking any supplements

- It is NOT necessary to discontinue nutritional supplements prior to this collection. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplement intake.

Important notes

- Do NOT collect urine during menstruation.
- Be aware that the vial contains preservative. DO NOT RINSE.

Collection Procedure



Step 1:

Write your name, date of birth, gender, and collection date on the label and attach it to the white-capped vial. Also note date of collection on the Personal Information Form.



Step 2:

Collect urine (if any) during the night and first morning urine into a clean container (such as a clean cup or jar).



Step 3:

Transfer urine, using the disposable pipette, into the white-capped vial up to the 12ml mark (DO NOT OVERFILL).



Step 4:

Screw the cap tightly onto the vial and dispose of the remaining urine.



Step 5:

Place the plastic vial containing your sample and gel freezer pack into the bio-hazard bag and seal.



Step 6:

Place the bio-hazard bag containing the sample and the gel freezer pack into the freezer until ready to ship.