

Shipping Preparation

When to schedule your shipment

- Your samples must be shipped to us within 48 hours of collection. Failure to do this may result in you having to re-collect. Please keep all tubes in the freezer along with the freezer brick until you are ready to ship. Nordic recommends shipping Monday - Wednesday only to avoid shipment delays. Overnight shipping is not guaranteed.

Return frozen

- 1 x Blue OR black-top amber tube
- 1 x Green-top preservative tube
- 1 x Green-top urine tube
- 1 x Blue-top urine tube

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
- Prepare your shipment:
 - Retrieve the bio-hazard bag containing your urine samples and the freezer brick from the freezer.
 - Place the frozen freezer brick in the bottom of the insulated box, then place the bio-hazard bag containing your frozen samples on top of this, along with the completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Welcome To Your Test Kit

You have chosen to do a Metabolomix 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.

Please read the instructions carefully and follow them step by step. In this kit you will find all the material needed for your collection. 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

- Box containing the collection kit (**keep box for returning your samples**)
- Insulated box (**keep this for returning your samples**)
- Freezer brick
- Personal Information Form
- Shipping Instruction
- Return shipping materials

Collection Materials

- 1 x Blue OR black-top amber tube
- 1 x Green-top preservative tube
- 1 x Green-top urine tube
- 1 x Blue-top urine tube
- 1 x Disposable pipette
- 1 x Bio-hazard bag with absorbent pad

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

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.



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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

- Your urine samples should be collected in the morning, unless you wake up at night to urinate (see Collection Procedure) and must be shipped within 48 hours of collection.
- Nordic recommends shipping Monday - Wednesday only to avoid shipment delays. Overnight shipping is not guaranteed.

2 days before testing

- Discontinue all of the following (unless instructed otherwise by your physician):
 - Supplements containing creatine, vitamin C or any mineral elements measured on this test.
 - Other substances that may influence urinary element excretion of elements.
 - Seafood (unless asked to continue by your healthcare provider).
 - Continue with the above food restrictions until you have completed this test.

24 hours before testing

- Place your freezer brick in the freezer for a minimum of 8 hours before shipping.
- You should eat your usual diet. Avoid over-consuming any single food or extreme diets.
- Fluid intake should be limited to eight 8-ounce (227ml) glasses of fluid over a 24-hour period.

Important Information

- Females should not collect during a menstrual period.
- Please note, patients may not be treated with provocation agent for purposes of testing.
- Be aware that some of the tubes contain preservatives. Do Not Rinse. Avoid contact of the skin and eyes with the preservative in the vials. For eye contact, flush with water thoroughly for 15 minutes.
- For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact a physician immediately.
- Testing is not available for patients under two years old.
- Never discontinue prescription medications without first consulting your physician.

Collection Procedure



Step 1:

Write your name, date of birth, and collection date on the collection labels attached to each tube.



Step 2:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of your urine collection.



Step 3:

After waking for the day, collect your first morning urine (FMV) into a clean container (ideally a cup or a jug). Fill the container to $\frac{3}{4}$ full and then pass any additional urine into the toilet. (Note: If you wake up to urinate during the night within six hours of your rising time, collect your urine into another clean collection container – fill to $\frac{3}{4}$ full and then pass any additional urine into the toilet. Place the container in the refrigerator until the morning. Mix the two urine collections back and forth between the two containers to achieve a uniform mixture).



Step 4:

Use the pipette to transfer urine from one of the collection containers into the green-top preservative tube, blue OR black-top amber tube, green-top urine tube and the blue-top urine tube until all four are nearly full.



Step 5:

Screw the caps onto the tubes tightly and shake the tubes to mix thoroughly.



Step 5:

Place the tubes into the bio-hazard bag and freeze for a minimum of 24 hours prior to shipping.