



## Welcome To Your Test Kit

You have chosen to do a EnviroTOX Panel 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](mailto: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 Silver thermo envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 1 x Small gel freezer pack
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Urine collection cup with lid
- 1 x Bio-hazard bag
- 1 x Absorbent pad

If any items are missing or expired, please call +44 (0)1580 201687 or email [testkits@nordicgroup.eu](mailto: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.



## 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 sample is to be collected in the morning, prior to eating or drinking (see Collection Procedure).

### Prior to collection

- Decrease liquid intake to avoid excessive dilution of the urine.
- Avoid apples, grapes, pears, and cranberries as well as their juices or products for 48 hours before collection.
- For adults, restrict fluid intake starting at 6pm the night prior to collection. Urine must be yellow in colour, if urine is clear the sample is too diluted. Discard diluted sample, rinse collection cup in hot water ONLY (no soap) and air dry, then recollect.
- Empty your bladder before going to bed at night (do not collect this urine).

### If you are taking any supplements

- Avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements for 48 hours prior to collection.
- Avoid glutathione and binders such as charcoal or bentonite clay for 72 hours.
- Never discontinue prescription medications without first consulting your physician.

### Important notes

- Do NOT collect urine during menstruation.
- Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue but it is not required.
- Patients taking mycophenolate mofetil (CellCept/Myfortic) will not get an accurate value for the marker Mycophenolic Acid (all other markers will report adequately). If you are taking this drug, please make a note of it clearly on your Personal Information Form.

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Preferably within 48 hours of collection. Important: Ensure that both the gel freezer pack and your sample are completely frozen prior to shipping (usually around 6 hours).

### When you are ready to ship

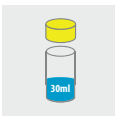
- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the bio-hazard bag containing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

## Collection Procedure



### Step 1:

Write your name, date of birth, collection date and time on the label attached to the urine collection cup with lid. Also note date of collection on the Personal Information Form.



### Step 2:

Collect your first morning urine into the urine collection cup with lid. Please ensure that you collect at least 30 ml of urine (minimum).



### Step 3:

Screw the lid tightly onto the urine collection cup.



### Step 4:

Place the urine collection cup with lid containing your sample and gel freezer pack into the bio-hazard bag and seal.



### Step 5:

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