


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

Vibrant Test	Diet/Supplement Restrictions	Tube Required
<b>Mycotoxins</b>	Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue. <i>(Not required)</i>	<p>VWR® Metal-Free Centrifuge Tubes 15 ml <b>(ALL TESTS REQUIRE 1 METAL-FREE TUBE)</b></p> 
<b>Heavy metals</b>	Avoid foods high in iodine (seafood, dairy, kelp) and selenium (Brazil nuts) up to 48 hours before collection	
<b>Organic acids</b>	Avoid apples, grapes, pears, and cranberries as well as their juices or products, mushrooms and ribose supplements up to 48 hours before collection.	
<b>Environmental toxins</b>	Fasting for 24 hours may increase the excretion of toxic chemicals from the adipose tissue. <i>(Not required)</i>	

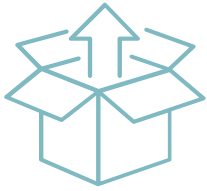
- If you wake up in the middle of the night to urinate, DO NOT collect urine. Wait until you wake up for the day and collect the first morning urine.
- Read all instructions thoroughly before sample collection. Failure to follow instructions described may cause the lab to reject samples.
- Do not collect 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. Sample with insufficient labeling will be rejected.

**PLEASE NOTE FOR 6-HR AND 24-HR COLLECTION**

- 6-Hr and 24-Hr urine collection containers are not provided and must be purchased by patient.
- Container should be sterile and metal free (Medline 24-Hour Urine Collection Bottle).
- Shake to homogenize.
- Pipette into tube.

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:

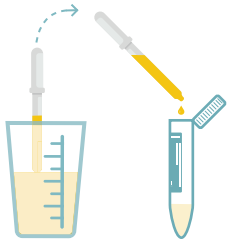
- 1 Bubble Mailer
- 1 Pipette
- 1 Urine Collection Cup
- 1 Identifier Label
- 1 Biohazard Bag
- 1 Specimen Tube

### Step 2



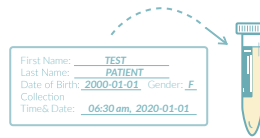
"Only use items supplied by Vibrant to prevent contamination or an appropriate sterile and metal-free container such as Medline 24-Hour Urine Collection Bottle."

### 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 into the biohazard bag and seal completely.

Place Complete Order Summary with Date of Collection filled out into back pocket of biohazard bag.

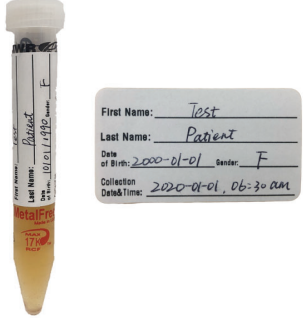





### Step 6

Place biohazard bag into return bubble mailer and seal. Mail the package to laboratory as soon as possible **via FedEx**. Contact FedEx to schedule a pick up at 800-463-3339 if needed.

**SHIP WITHIN 12 HOURS OR LESS OF COLLECTION. HOLDING COLLECTED SAMPLES CAN RESULT IN REJECTION.**

## Sample Acceptance Criteria

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