



Step 8:

Place the specimen vial into the re-sealable plastic bag, then place into the freezer along with your gel freezer pack until frozen (usually 4-6 hours).

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. If you cannot ship the sample the same day you complete the collection, such as over a weekend or holiday, keep the re-sealable plastic bag containing the specimen vial in the freezer until you are ready to ship. **Do not** store for more than three days.
- Schedule your shipment so that your sample will arrive to the laboratory on a working day, as we are closed over the weekend.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed, and that you have noted if you have done a FMV, SMV or a 24-hour collection (if 24-hour, ensure you have noted the total volume collected).
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Take the gel freezer pack and re-sealable plastic bag containing the specimen vial from the freezer.
 - Place the frozen gel freezer pack into the bottom of the Styrofoam insulation sleeve, then place the re-sealable bag containing the frozen specimen on top of the gel freezer pack, and place it into the supplied box, along with the completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Nygade 6, 3.sal . 1164 Copenhagen K . Denmark . Tlf: +45 33 75 10 00

info@nordic-labs.com . www.nordic-labs.com

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Welcome To Your Test Kit

You have chosen to do a Comprehensive Neurotransmitter Profile 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

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Styrofoam insulating sleeve
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Gel freezer pack
- 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**)

Collection Materials

- 1 x Re-sealable plastic bag
- 1 x Specimen collection cup
- 1 x Specimen vial with oxalic acid powder*
- 1 x Absorption pad
- 1 x Orange collection container (only needed for a 24-hour collection)

* Vial contains approximately 60 mg of oxalic acid. Do not Ingest or Inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

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.

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 kit takes 24 hours or less to complete, depending on your practitioner's instruction. You can perform a 1st or 2nd morning void, or a 24-hour collection. Please check with your practitioner which collection has been selected for you and note it on your Personal Information Form.

Important notes

- Never discontinue prescription medications without first consulting your physician.
- Female Patients should not collect urine during a menstrual period.
- Use the provided vial and collection container to avoid contamination of the specimen. Use of other collection materials may result in falsely elevated results.

Two days before and during collection

- Avoid eating the following foods:
 - Avocados, eggplant, tomatoes, bananas, melons, pineapple, grapefruit, plums, nuts, nut butters, wine, cheese, rice and chocolate.

One day before and during collection

- Avoid strenuous exercise, alcohol, coffee, tea and caffeinated beverages, tobacco or nicotine products.

Day of collection

- It is recommended to avoid all supplements and medications until after the sample(s) have been collected (including those that regulate allergy, mood, sleep, pain and inflammation). Never discontinue prescription medications without first consulting your physician.

Collection Procedure

Follow Collection Instructions A, B or C as directed:

- If your practitioner tells you to collect a first morning void (FMV).
- If your practitioner tells you to collect a second morning void (SMV).
- If your practitioner tells you to collect a 24-hour urine sample.

Collection Instructions A (FMV – First Morning Void)



Step 1:

When you wake up and get out of bed for the day, collect urine into the supplied specimen collection cup (collect midstream). DO NOT urinate directly into the tube.



Step 5:

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 sample, your height and your weight. Please also note that you have done a 'FMV'.



Step 2:

Write your full name, date of birth and date and time of collection on the label attached to the vial.



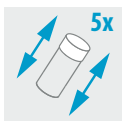
Step 6:

Place the specimen vial into the re-sealable plastic bag, then place into the freezer along with your gel freezer pack until frozen (usually 4-6 hours).



Step 3:

Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill.



Step 4:

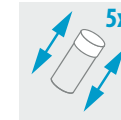
Tighten the screw cap securely and gently invert the tube 5 times to mix urine with the preservative.

Collection Instructions B (SMV – Second Morning Void)



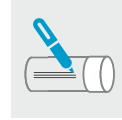
Step 1:

When you wake up and get out of bed for the day, urinate into the toilet and flush the urine – do not save this urine. Wait two hours before collecting the next urine. Do not eat or exercise during this time. A small amount of water is okay.



Step 4:

Tighten the screw cap securely and gently invert the tube 5 times to mix urine with the preservative.



Step 2:

Write your full name, date of birth and date and time of collection on the label attached to the vial.



Step 5:

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 sample, your height and your weight. Please also note that you have done a 'SMV'.



Step 3:

After two hours, collect urine into the supplied collection cup (collect midstream). DO NOT urinate directly into the tube. Pour the urine into the specimen vial. Fill the vial to the fill line – do not underfill.



Step 6:

Place the specimen vial into the re-sealable plastic bag, then place into the freezer along with your gel freezer pack until frozen (usually 4-6 hours).

Collection Instructions C (24-hour urine collection)



Step 1:

When you wake up and get out of bed for the day, urinate into the toilet and flush the urine – do not save this urine.



Step 5:

After all urine has been collected, place the orange collection container on a level surface and read the volume from the markings on the container.



Step 2:

Write your full name and date of collection on the label attached to the vial.



Step 6:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date you finish your sample, your height and your weight. Please also note that you have done a '24-hour collection' and note the total volume of urine collected.



Step 3:

Begin your 24-hour collection with your second urination of the day and collect all urine up to and including the first morning urination of the following day. Collect each urination into the specimen collection cup then pour into the orange collection container.



Step 7:

Mix the urine by shaking the orange urine collection container for at least 30 seconds and then pour the urine into the specimen vial. Fill the specimen vial to the fill line – do not underfill. Tighten the screw cap securely and gently invert the tube 5 times to mix urine with the preservative.



Step 4:

Keep the orange collection container in a refrigerator until you have finished your 24-hour collection.

