



Welcome To Your Test Kit

You have chosen to do a Hepatic Detox Profile 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 this box for returning your samples**)
- Padded envelope
- Shipping Instruction
- Personal Information Form
- Return shipping materials

Collection Materials

- 1 x Bio-hazard bag
- 1 x Specimen collection cup
- 1 x Specimen vial
- 1 x Absorption pad

If any items are missing or expired, please call +44 (0)1580 201687 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

A first morning void urine collection is recommended for the Hepatic Detox Profile.

Important notes

- Never discontinue prescription medications without first consulting your physician.
- The test requires no special diet but if you are taking sulfur containing medications or dietary supplements such as DMSA, DMPS, MSM, etc. please finish the course of medication, and then wait four days before starting this collection.
- A positive (or elevated) level of D-Glucaric Acid may result if you are using medications such as barbiturates, tranquilizers, digoxins, quinidine, or alcohol. Please refrain from taking non-essential medications, dietary supplements, and alcohol for 72 hours prior to and during the specimen collection, unless otherwise instructed by your physician.
- Female Patients should not collect urine during a menstrual period.

Collection Procedure



Step 1:

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



Step 2:

When you arise for the day, collect your first morning urination into the specimen collection cup.



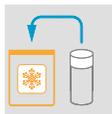
Step 3:

Pour the urine into the specimen vial. Fill the vial up to the top of the label and then tighten the screw cap securely.



Step 4:

On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date that you finish your sample.



Step 5:

Place the specimen vial into the bio-hazard bag, then place this into the padded envelope.

Shipping Preparation

When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship the samples the same day you complete the collection, such as over a weekend or holiday, keep the padded envelope containing the specimen vial in the refrigerator until you are ready to ship. Do not store for more than three days.
- Schedule your shipment so that your samples arrive at 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.
- Prepare your shipment:
 - Take the padded envelope containing the specimen vial from the refrigerator, 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).