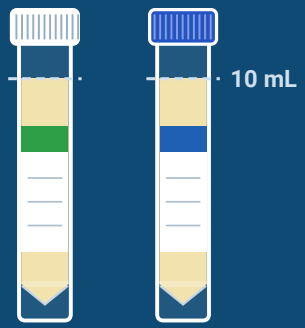
VibrantWellness

Collection Instructions

Urine (2 Tubes)



FIRST MORNING VOID · WHITE TOP + BLUE TOP

Scan this QR code to see the preparation and collection instructions on your device.

QR CODE PLACEHOLDER

Any Questions?

1-866-364-0963 · 7 AM – 6 PM PT

support@vibrant-wellness.com

Test Kit Contents

- *Collection cup*
- *Transfer pipette*
- *Tube 1 white top (10 mL fill line)*
- *Tube 2 blue top (10 mL fill line)*
- *Specimen bag with absorbent pad*
- *Return mailer and prepaid label*

When to Collect

Collect first morning void

the first time you empty your bladder after you wake up.

Talk to your provider before you stop any medicine.

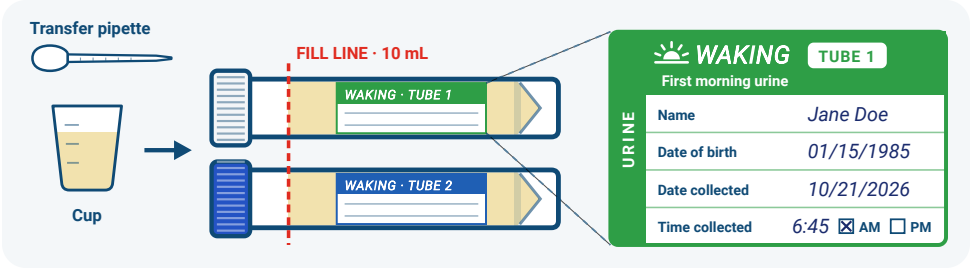
Empty your bladder before you go to bed. When you wake up, collect your urine before you eat or drink. **At least 6 hours should pass since you last emptied your bladder.**

Limit fluids after 6:00 PM the night before. Urine that is too diluted may be rejected.

Women: do not collect during your period or if you have any bleeding. Urine with blood in it will be rejected.

Plan ahead: choose a day when you can **mail your kit back the same day** you collect.

How to Collect



STEP 1 Label each urine tube: name, date of birth, date of collection, and time. **If this information is missing, your sample will be rejected.**

STEP 2 Fill the cup with your first morning urine. Then use the transfer pipette to move the urine into Tube 1 (white top) and Tube 2 (blue top), up to the 10 mL fill line.

STEP 3 Twist each cap on tight.
Do not toss the cup until both tubes are filled.

STEP 4 Place each collected tube in the specimen bag from your kit, and **freeze the tubes until they are ready to be shipped.**

How to Return

STEP 1 Make sure each tube is clearly labeled with your name, date of birth, date of collection, and time. **If this information is missing, your sample will be rejected.**

STEP 2 Take the specimen bag with both tubes out of the freezer (if frozen). Make sure it is sealed.

STEP 3 Place the bag inside the return mailer.

STEP 4 Attach the prepaid label.

STEP 5 Drop it off at the carrier's pickup location.

STEP 6 **When to return:** Freeze the samples until they are ready to be shipped. **Ship them within 24–48 hours of collection.**

Preparing For Your Test

Test	Requirements
Heavy Metals (Creatinine) Total Tox Burden, Toxin Zoomer	**96 hours before:** After an MRI with gadolinium contrast dye, wait at least 4 days before you collect. **72 hours before:** Limit fish and seafood. Avoid detox products and binders (activated charcoal, bentonite clay, chlorella, zeolite). **48 hours before:** Avoid methylene blue and NAC.
Environmental Toxins	*No special preparation. Keep your usual diet and routine.*
Mycotoxins Total Tox Burden, Toxin Zoomer	**48 hours before:** Avoid peanuts, corn, wheat, barley, rye, and cottonseed.
PFAS Chemicals	*No special preparation. Keep your usual diet and routine.*
Organic Acids Cellular Zoomer	**48 hours before:** Avoid apples, grapes, pears, cranberries, and their juices; echinacea; and reishi mushrooms. Avoid amino acid, B vitamin, and ribose supplements.
Oxidative Stress Cellular Zoomer	**72 hours before:** Avoid vitamin C, vitamin E, and CoQ10 supplements. **48 hours before:** Avoid strenuous exercise, smoking, alcohol, and charred or fried foods.
Neurotransmitters Gut Zoomer	**72 hours before:** Avoid supplements with 5-HTP, tyrosine, phenylalanine, L-DOPA, GABA, SAMe, or adaptogens. **48 hours before:** Avoid bananas, avocados, walnuts, pineapples, and aged cheese.