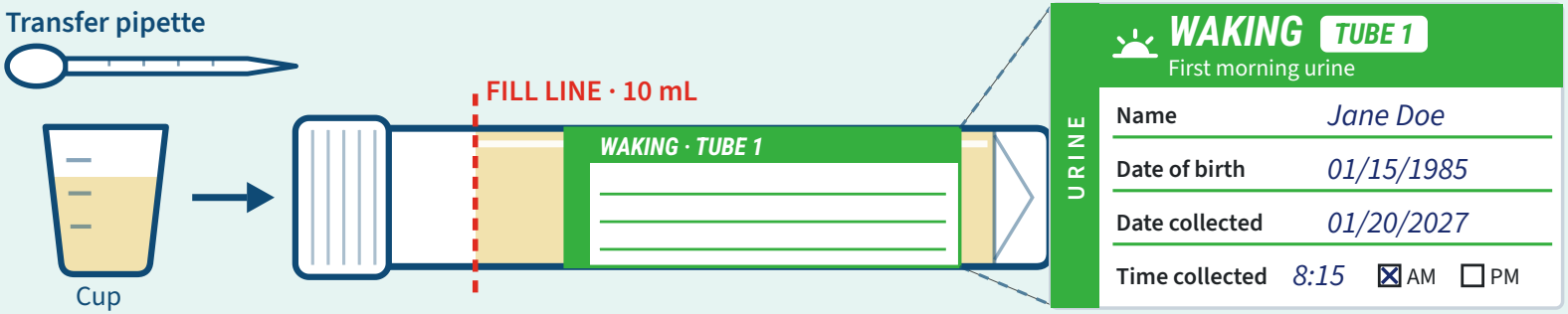
HORMONE TEST INSTRUCTIONS

How to Collect Urine



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 urine and use the transfer pipette to move the urine into the tube, up to the 10 mL fill line.

STEP 3 Twist the cap on tight. Then **rinse the cup with water and let it dry** before your next urine sample. **Do not throw away the cup until all 5 urine 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.**

WHEN TO COLLECT

Men, and women without periods or after menopause: any day.

Women with periods, or in perimenopause: collect **6–9 days before your cycle ends** (days 19–22 of a 28-day cycle).

Rules for Collection Day

- **Do not drink alcohol** 24 hours before or on collection day.
- **Do not drink more than 8 oz (1 cup)** of caffeine drinks.
- **Do not drink more than 64 oz (8 cups)** of fluids.

Collection Day

WAKING
Urine 2 tubes

Collect within 5 minutes of waking

Do not eat or drink until after your WAKING samples

+2 HOURS
Urine

Collect 2 hours after you wake up

DINNER
Urine

Collect before you eat dinner

BEDTIME
Urine

Collect before you go to bed

HORMONE TEST PREPARATIONS

For 48 hours BEFORE collecting

AVOID:



Bananas



Fava beans



Creatine

If you had any, please write it on your questionnaire.

Ask your provider first if you take any of these supplements:

Tyrosine | L-Dopa | D,L-Phenylalanine (DLPA) | Mucuna | Quercetin

Taking Hormones?

Do

- Use hormone **creams or gels** as directed.
- Take **oral progesterone** (by mouth) at bedtime.
- Using **patches, pellets, or shots**? Collect midway between doses.
- Take **morning doses** after the **+2 HOURS** sample.
- Take **night doses** after the **BEDTIME** sample.

Don't

- **No DHEA, estrogen, or pregnenolone** by mouth or under the tongue for **72 hours (3 days)** before collecting.
- **Do not skip** birth control doses unless your provider tells you to.

Ask your provider first

If you take steroid medicines (glucocorticoids, such as prednisone or dexamethasone), hormones under the tongue, or hydrocortisone by mouth.

Hormone Test

Collection Instructions

URINE

Scan this QR code with your phone to see the preparation and collection instructions.

QR CODE PLACEHOLDER

Any Questions? 1-866-364-0963 · 7 AM – 6 PM PT
support@vibrant-wellness.com

Test Kit Contents

Urine box

5 Urine tubes



1 Collection cup

4 Transfer pipettes

1 Biohazard bag (with absorbent pad)

1 Prepaid return envelope

1 Prepaid return label

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 out of the freezer (if frozen). **Make sure the bag is sealed.**

STEP 3 Place the 5 urine tube samples (along with the 6 Salivette tubes) inside the return envelope.

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.**