

Shipping Preparation

When to schedule your shipment

- Ship as soon as possible. You can ship on any day of the week.

When you are ready to ship

- Ensure that you have provided the following information:
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - Personal Information Form: make sure the form is completed.
 - Urine Collection Cards: make sure that the information on the cards is correct.
- Prepare your shipment:
 - Place the resealable plastic bag(s) containing your samples along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Welcome To Your Test Kit

You have chosen to do a DUTCH Adrenal™ 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

- Box containing the collection kit (**keep this box for returning your samples**)
- Shipping Instruction
- Personal Information Form
- Return shipping materials

Collection Materials

- 1 x Test Questionnaire
- 5 x Urine collection cards in a resealable plastic bag

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.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

When to schedule your collection

- The urine samples for this test are to be collected over TWO days. You may collect your samples any day of the week.

Important: It is best to collect your urine samples on relatively 'normal days' i.e. if your sleep is significantly disturbed, you may want to wait for another day before collecting and if you are ill, you should postpone the collection until you are well again.

Prior to collection

- DO NOT exercise on the days of your collection.
- Avoid caffeine and alcohol intake on the night before and on the collection days.
Please note: make sure to generally limit how much fluid you drink the night before and the days of collection.

If you are taking hormones

Hormones taken in the morning	Do NOT take until after the 2nd urine collection (sample #4)
Oral Estrogen, DHEA or Testosterone	Do NOT take on the day before or the day of the test (does not apply to birth control)
Oral Progesterone	Do NOT take for 3 days prior to testing
Pregnenolone	Do NOT take for 3 days prior to testing
Hormone Creams and Gels	Can be used during the test
Coil/IUD	Depending on your cycle, please collect accordingly: <ul style="list-style-type: none"> • Regular cycle: collect on day 19, 20 or 21. • Irregular cycle: collect on a day when you are not bleeding. • No cycle: collect any day.

Collection Procedure

Collection Schedule

Please time your collection according to the schedule.

Important: If you are taking hormones, make sure to carefully read the 'If you are taking hormones' section before collecting your samples.

Collection Day One

Sample #1	<ul style="list-style-type: none"> • Do not drink fluids for two hours before collecting. • Collect sample #1 at dinner time - at approximately 5:00 PM before your evening meal. • Circle 'dinnertime' on the collection card
Sample #2	<ul style="list-style-type: none"> • Do not drink fluids for two hours before collecting. • Collect sample #2 at bedtime, directly before you go to bed. • Circle 'bedtime' on the collection card.
Overnight Sample	<ul style="list-style-type: none"> • Only collect this sample if you wake up at night to urinate. If you urinate a second time during the night, do not collect. • Circle 'extra overnight sample' on the collection card.

Collection Day Two

Sample #3	<ul style="list-style-type: none"> • Collect sample #3 as soon as you wake up (before drinking and eating) as this sample must be collected within ten minutes of waking. • Circle 'waking' on the collection card. • Only drink 8 oz. (230 ml) of fluids between samples #3 and #4.
Sample #4	<ul style="list-style-type: none"> • Collect sample #4 two hours after waking (tip: set a two-hour timer after waking). • Do not drink fluids for two hours before collecting. • Circle '2-Hrs after waking' on the collection card.

Collection



Step 1: Wash and dry hands with a clean towel prior to touching urine collection card to prevent contamination.



Step 2: Write name, date, collection time and type of sample on the back of the urine collection card.



Step 3: Open the urine card cover and fold back from the filter paper (DO NOT touch the filter paper).



Step 4: Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'tuck cover here after drying'.



Step 5: With the cover slip folded back and away from the urine saturated filter strip, allow to dry for at least 24 hours.



Step 6: Repeat steps 1-5, until you have finished collecting all your samples.



Step 7: Once dry, close the flaps of the collection cards (without touching filter paper) and place them into the resealable plastic bag.



Step 8: Leave the resealable plastic bag containing your sample(s) at room temperature until you are ready to ship (see 'Shipping Preparation').



Step 9: Make sure to note the date and times of each collection on the Test Questionnaire.