

Collection Procedure



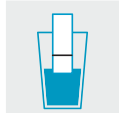
Step 1: Wash and dry hands with a clean towel prior to touching the urine collection card to prevent contamination.



Step 2: Write your name, day of cycle, date and time of collection 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.



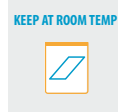
Step 4: Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'tuck cover here after drying'.



Step 5: Allow to dry for at least 24 hours. And then repeat steps 1-5, until you have finished collecting all your samples



Step 6: Once dry, close the flaps of the collection cards (without touching filter paper) and place them into the resealable plastic bag.



Step 7: Leave the resealable plastic bag(s) containing your sample(s) at room temperature until you are ready to ship (see Shipping Preparation).



Welcome To Your Test Kit

You have chosen to do a DUTCH Cycle Mapping & Complete™ 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.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. 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.

Shipping Preparation

When to schedule your shipment

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

When you are ready to ship

- Ensure that 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.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bag, containing the collected 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).



Nygade 6, 3.sal • 1164 Copenhagen K • Denmark • Tlf: +45 33 75 10 00
info@nordic-labs.com • www.nordic-labs.com

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Test Questionnaire
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**these are only included if you are shipping from a non-EU country**)

Collection Materials

- 25 x Urine collection cards
- 2 x Resealable plastic bags

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

- For this test, you must collect 25 urine samples throughout the course of one menstrual cycle.
- Depending on the length of your typical menstrual cycle, please follow ONLY ONE of the collection schedules listed as well as the separate schedule for your last 4 samples (short cycle, normal cycle, long cycle or no cycle). **Important:** Please make sure to read both 'collection procedure' and 'collection schedule' carefully before you begin collecting your samples.

Prior to collecting your last 4 samples

- Avoid consuming the following foods as much as possible the day before AND on the day of collecting your last 4 samples:
 - Avocado, bananas and fava beans.
- **Important:** if you happen to consume some of these foods, please make sure to make a note of it on your Test Questionnaire.





If you are taking medication and supplements

- Some medication and supplements may impact the test results. If you take any of the following, please consult your practitioner:
 - Tyrosine, L-Dopa, D, L-Phenylalanine (DLPA), Macuna and Quercetin.

If you are taking hormones

- It is typically required to discontinue any oestrogen or progesterone for this test. Please discuss this with your practitioner.

Last 4 Samples

Guidelines	Collection Schedule
<p>When to collect Your last 4 samples are to be collected together in ONE day i.e. on the fourth day of your NEXT cycle or Day 33 if you are using the 'no cycle' schedule.</p> <ul style="list-style-type: none"> • Sample #22: <ul style="list-style-type: none"> – Collect immediately after waking (do NOT lay awake in bed before collecting your sample and drink no more than one 8oz cup of fluids between samples #22 and #23). • Sample #23: <ul style="list-style-type: none"> – Collect this sample 2 hours after waking (tip: set a 2-hour timer after collecting sample #22). – Do NOT drink any fluids 2 hours prior to collecting sample #24. • Sample #24: <ul style="list-style-type: none"> – Collect this sample at dinnertime (approximately 5:00 PM) – Do NOT drink any fluids 2 hours prior to collecting sample #25. • Sample #25: <ul style="list-style-type: none"> – Collect this sample at bed time (approximately between 9:00 – 11:00 PM). <p>Important</p> <ul style="list-style-type: none"> • Any non-essential medications or supplements normally taken should not be taken after sample #23. • Limit fluid intake to 40oz, evenly spread throughout the day. • Remember to follow the instructions in 'prior to collecting your last 4 samples' before you begin collecting (see 'preparation'). 	<div data-bbox="1736 287 2172 399"> <p>Sample #22</p>  </div> <div data-bbox="1736 446 2172 566"> <p>Sample #23</p>  </div> <div data-bbox="1736 622 2172 742"> <p>Sample #24</p>  </div> <div data-bbox="1736 798 2172 917"> <p>Sample #25</p>  </div>

No Cycle (Cycle without bleeding-partial hysterectomy, ablation)

Guidelines	Collection Schedule																																																																					
<p>When to collect</p> <ul style="list-style-type: none"> Start collection on any day of your cycle. Collect samples #1 - #16 every other day. All the samples are to be collected directly upon waking, except for the last 4 samples (see the separate collection schedule for 'last 4 Samples' page #6). Fill in the date next to your cycle day on the collection schedule chart to your right to help keep track of each sample you collect. <p>Important</p> <ul style="list-style-type: none"> Urine collection cards #17-#21 will not be needed for your collection. After completing Collection #16 on Day 31, skip Day 32, and on Day 33 collect the last 4 samples in one day (see the separate collection schedule for 'last 4 Samples' page #6). 	<table border="1"> <thead> <tr> <th>Collection</th> <th>Cycle</th> <th>Date</th> </tr> </thead> <tbody> <tr><td>#1</td><td>Day 1</td><td></td></tr> <tr><td>#2</td><td>Day 3</td><td></td></tr> <tr><td>#3</td><td>Day 5</td><td></td></tr> <tr><td>#4</td><td>Day 7</td><td></td></tr> <tr><td>#5</td><td>Day 9</td><td></td></tr> <tr><td>#6</td><td>Day 11</td><td></td></tr> <tr><td>#7</td><td>Day 13</td><td></td></tr> <tr><td>#8</td><td>Day 15</td><td></td></tr> <tr><td>#9</td><td>Day 17</td><td></td></tr> <tr><td>#10</td><td>Day 19</td><td></td></tr> <tr><td>#11</td><td>Day 21</td><td></td></tr> <tr><td>#12</td><td>Day 23</td><td></td></tr> <tr><td>#13</td><td>Day 25</td><td></td></tr> <tr><td>#14</td><td>Day 27</td><td></td></tr> <tr><td>#15</td><td>Day 29</td><td></td></tr> <tr><td>#16</td><td>Day 31</td><td></td></tr> <tr><td>#17</td><td>Skip</td><td></td></tr> <tr><td>#18</td><td>Skip</td><td></td></tr> <tr><td>#19</td><td>Skip</td><td></td></tr> <tr><td>#20</td><td>Skip</td><td></td></tr> <tr><td>#21</td><td>Skip</td><td></td></tr> <tr><td>#22-#25</td><td>Last 4 samples*</td><td></td></tr> </tbody> </table>	Collection	Cycle	Date	#1	Day 1		#2	Day 3		#3	Day 5		#4	Day 7		#5	Day 9		#6	Day 11		#7	Day 13		#8	Day 15		#9	Day 17		#10	Day 19		#11	Day 21		#12	Day 23		#13	Day 25		#14	Day 27		#15	Day 29		#16	Day 31		#17	Skip		#18	Skip		#19	Skip		#20	Skip		#21	Skip		#22-#25	Last 4 samples*	
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Collection Schedule(s)

Depending on the length of your menstrual cycle, please follow only **ONE** of the schedules below. **Important note:** The last 4 samples are to be collected on specific times during the course of **ONE DAY** (see collection schedule 'last 4 samples').

Please make sure to read the appropriate collection schedule carefully before you begin collecting your samples.

Important

- Day 1 of your cycle should be considered the first day with menstrual flow (not just spotting).
- The last 4 samples should be collected on the fourth day after your next cycle starts.

Short Cycle (less than 25 days)

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Normal Cycle (25-34 days)

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Long Cycle (more than 34 days)

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