

Shipping Preparation

When to schedule your shipment

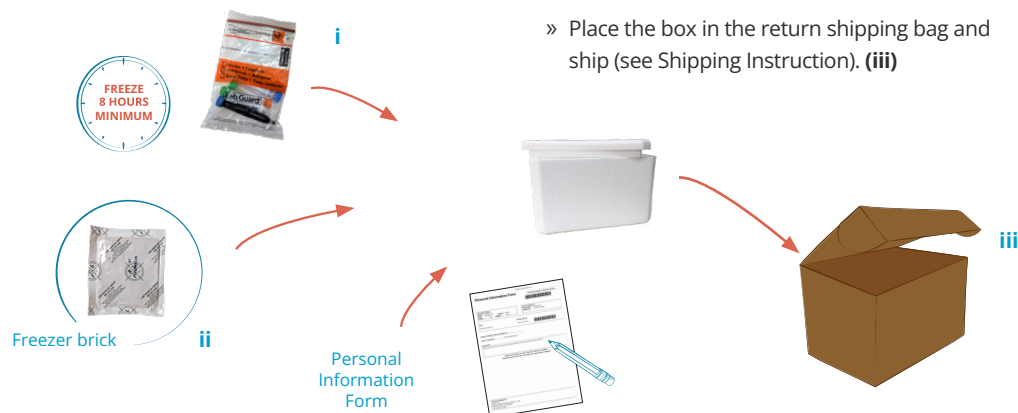
- Your samples must be shipped to us within 48 hours of collection. Failure to do this may result in you having to re-collect. Please keep all tubes in the freezer along with the freezer brick until you are ready to ship. Nordic recommends shipping Monday - Wednesday only to avoid shipment delays. Overnight shipping is not guaranteed.
- If your test order includes the Essential and Metabolic Fatty Acids add-on (BloodSpot), this sample **MUST** be returned at the same time with the urine samples. If returned separately, the discounted add-on price will not be valid.

Return frozen

- 1 x **BLUE-TOP** or **BLACK-TOP** amber tube
- 1 x **GREEN-TOP** preservative tube
- 1 x **GREEN-TOP** urine tube
- 1 x **BLUE-TOP** urine tube

When you are ready to ship

- Ensure that you have provided the following information:
 - » Personal Information Form: make sure the form is completed.
 - » Urine Tubes: make sure that the information on the tubes is correct.
- Prepare your shipment:
 - » Retrieve the bio-hazard bag containing your urine samples and the freezer brick from the freezer. **(i)**
 - » Place the frozen freezer brick in the bottom of the insulated box, then place the bio-hazard bag containing your frozen samples on top of this, along with the completed Personal Information Form. **(ii)**
 - » Place the box in the return shipping bag and ship (see Shipping Instruction). **(iii)**



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Metabolomix⁺
EN

Welcome to your test kit

You have chosen to do a Metabolomix⁺ Test from Nordic Laboratories, which will provide information to help you on your personal health journey.

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 / +44 (0)1580 201687** or email **info@nordic-labs.com**

Check your kit

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.

Shipping materials

- Box containing the collection kit (**keep box for returning your samples**) **(a)**
- Insulated box (**keep this for returning your samples**) **(b)**
- Freezer brick **(c)**
- Personal Information Form **(d)**
- Shipping Instruction & materials

Collection materials

- 1 x **BLUE-TOP** or **BLACK-TOP** amber tube **(e)**
- 1 x **GREEN-TOP** preservative tube (skirted/flat bottom) **(e)**
- 1 x **GREEN-TOP** tube (round bottom) **(e)**
- 1 x **BLUE-TOP** clear tube **(e)**
- 1 x Disposable pipette **(f)**
- 1 x Bio-hazard bag with absorbent pad **(g)**



a



b



c



d



e



f



g

If any items are missing or expired, please email testkits@nordicgroup.eu (this is for kit queries only).

Start here

Please read the instructions carefully and follow them step by step.

Please note: If the collection instructions are not followed carefully, it may lead to a delay in the results or recollection, which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: : Verify that Name, Sex, and Date of Birth are correctly stated.

When to schedule your collection

- Your urine samples should be collected immediately upon waking in the morning, unless you wake up at night to urinate (see Collection Procedure) and must be shipped within 48 hours of collection.
- Nordic recommends shipping Monday - Wednesday only to avoid shipment delays. Overnight shipping is not guaranteed.

4 days before sample collection

- Ask your healthcare provider if you should stop non-essential supplements or medications.

24 hours before sample collection

- Place your freezer brick in the freezer for a minimum of 8 hours before shipping.
- You should eat your usual diet. Avoid over-consuming any single food or extreme diets.

Night before

- Fast overnight. Water is okay.

You must **LIMIT TOTAL FLUIDS** to between 1.4 L and 1.9L (48-64 ounces) over the 24-hour period **PRIOR** to collection. This is to ensure a urine dilution suitable for testing.

Important information

- Be aware that some of the tubes contain preservatives. Do Not Rinse. Avoid contact of the skin and eyes with the preservative in the vials. For eye contact, flush with water thoroughly for 15 minutes. For skin contact, wash thoroughly with soap and water. For accidental ingestion, contact a physician immediately.
- Testing is not available for patients under two years old.
- Never discontinue prescription medications without first consulting your physician.
- Abnormal kidney function or use of diuretics may influence test results.
- Do not collect if there is blood in urine, including menstrual or other blood.
- Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.

IMPORTANT: If you have also ordered add-ons for this test, please ensure that you return all samples together. Failure to do so could result in further costs.



Test instructions in other languages may be available - scan QR code

Specimen Collection Procedure

- 1 Write your name, date of birth, and collection date on the collection labels attached to each tube.



- 2 On the Personal Information Form, verify that the information is correct and edit if needed. Please ensure that you note the date and time of your urine collection.



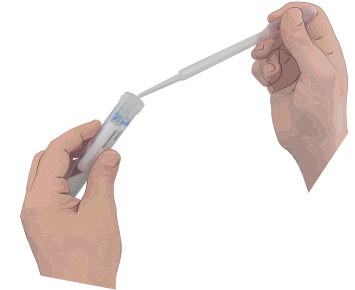
- 3 After waking for the day, collect your first morning urine (FMV) into a clean container (ideally a cup or a jug).



Note: If you wake to urinate during the night, within 6 hours of when you typically wake for the day, collect your urine into another clean collection container and refrigerate. Then combine with your first morning urine collection and stir.

- 4 Use the pipette to transfer urine into the four (4) urine vials, until all four are nearly full.

Do not overfill. Allow approximately 1 cm for expansion during freezing.



- 5 Screw the caps onto the tubes tightly and shake the tubes to mix thoroughly.



- 6 Place the tubes into the bio-hazard bag, containing the absorbent pad, and freeze for a minimum of 8 hours prior to shipping.

