

## Shipping Preparation

### When to schedule your shipment

- Ship your sample on the same day of collection (unless collecting on a Sunday as DHL do not collect on weekends). If you cannot ship your sample the same day you complete the collection, keep the blue-top amber tube and gel freezer pack in the freezer until you are ready to ship. Do not store for more than ONE day. Your sample must be shipped to us within 24 hours. Failure to do this may result in you having to recollect. **Important:** Ensure that both the gel freezer pack and your sample are completely frozen prior to shipping (usually around two hours).
- You must only ship to us on a Monday or Tuesday. If you are not able to arrange a collection for Monday then you may ship on Tuesday, but no later.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the bio-hazard bag containing your sample and gel freezer pack from the freezer.
  - Place the bag into the supplied padded envelope, along with the completed Personal Information Form and seal.
  - Place the padded envelope 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 an Organix 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](mailto:info@nordic-labs.com).

## Text

## 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 Gel freezer pack
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

### Collection Materials

- 1 x Blue-top amber tube
- 1 x Pipette
- 1 x Label
- 1 x Bio-hazard bag
- 1 x Absorbent pad



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[info@nordic-labs.com](mailto:info@nordic-labs.com) . [www.nordic-labs.com](http://www.nordic-labs.com)

**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.

### Plan your collection

- Use a calendar to plan your specimen collection. Please return specimens within 24 hours after collection.

### Four days prior to collection

- Check with your clinician whether it is necessary to discontinue medications/ supplements. Some clinicians choose to discontinue non-essential nutritional supplements to get a “baseline” reading. Some clinicians choose to continue nutritional supplementation to assess the efficacy of their treatments.

### 24 Hours before your collection

- Freeze freezer brick at least 8 hours.
- Eat usual diet but avoid over-eating any single food or consuming an extreme diet.
- Consume no more than six 8-ounce (230ml) glasses of fluid over the 24 hours before collection.

### Night before your collection

- Fast overnight. Water is okay.

### When to schedule your collection

- This test is to be taken over the course of ONE day and it must be shipped back within 24 hours. To ensure that it reaches our laboratory within this time frame, you must ONLY collect your sample on a Sunday or Monday (If you collect on a Sunday you must ship on Monday as the shipping company does not collect over the weekend).
- This sample should be collected in the morning, unless you wake up at night to urinate (see Collection Procedure).

### Important notes

- Do NOT collect urine during menstruation.
- Be aware that the vial contains preservative. DO NOT RINSE.
- Empty your bladder before going to bed at night (do not collect this urine).
- Abnormal kidney function or use of diuretics may influence test results.
- Valproic acid, acetaminophen and berberine HCl are direct assay interferants for certain analytes.

## Collection Procedure



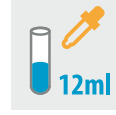
### Step 1:

Write your name, date of birth, gender, and collection date on the label and attach it to the blue-top amber tube. Also note date of collection on the Personal Information Form.



### Step 2:

If you wake up during the night, within 6 hours of your morning urination, collect that urine into a clean container (such as a clean cup or jar) and refrigerate it. Upon waking in the morning, collect your urine into the same cup..



### Step 3:

Transfer urine, using the disposable pipette, into the blue-top amber tube until nearly full.



### Step 4:

Recap the tube tightly and shake and dispose of the remaining urine.



### Step 5:

Place the blue-top amber transfer tube containing your sample and gel freezer pack into the bio-hazard bag and seal.



### Step 6:

Place the bio-hazard bag containing the sample and the gel freezer pack into the freezer until ready to ship (sample must be frozen for a minimum of two hours prior to shipping).