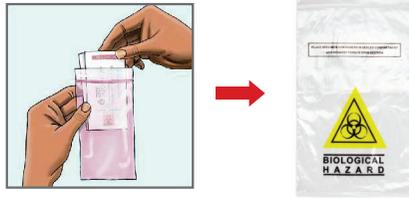


SHIPPING INSTRUCTIONS

- Place the 4 dried urine test strips into the resealable section of the specimen transport bag. Ensure that all strips have been labelled as requested in step 1.



- Complete the **GREEN** patient questionnaire form provided in the dried urine collection kit. The questionnaire is used for final reporting purposes of your test results.
- Ensure that all sections on the NutriPATH request form are completed. This includes patient name, date of birth, residential address, credit card details and test analysis/required.
- Complete the '**NutriPATH Patient Checklist Form**' prior to sending the samples back to the laboratory to ensure no delays in test results.
- Place the completed NutriPATH request form and Questionnaire form into the non- sealable section of the specimen transport bag.



- Place the specimen transport bag into the Reply Paid Post Padded Envelope and return to NutriPATH via your nearest Australia Post outlet or yellow express post bin on that same day.



"Thank you for your request. Results will be forwarded to your referring practitioner upon completion."



info@nutripath.com.au
PO Box 442, Ashburton VIC 3147



ARTG: 322569

4 X POINT NEUROTRANSMITTER Collection Instructions

Version 1: May 2020

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

- AVOID the following foods 48 hours prior to collecting the sample: coffee, tea, caffeinated drinks, bananas, chocolate, cocoa, citrus fruits, vanilla, MSG and aspartame.
- AVOID strenuous exercise 20 minutes prior to collecting the sample.
- It is critical to limit the amount of liquid consumed prior to each sample collection. Overhydration can lead to a sample that is too diluted and may yield inaccurate results **It is recommended you DO NOT drink more than 235ml of water in the hour before each collection.**
- DO NOT collect the sample if you are menstruating or have a urine infection.

Please consult with your healthcare practitioner beforehand as to the requirement to withhold taking prescription medicines or other supplements prior to collecting a sample.

Neurotransmitters Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

- 4 x Dried urine test strips
- 1 x Specimen transport bag
- 1 x Collection instruction
- 1 x Questionnaire form
- 1 x Request form
- 1 x Reply Paid Post Padded Envelope
- 1x Plastic urine collection cup
- 1x Powder-free glove

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

If you experience any issues during the process, please contact us on 1300 688 522. We will happily assist you.

SPECIMEN COLLECTION INSTRUCTIONS

-  Provide the following information on the back of each collection dried urine test strip card:
 - First name
 - Surname
 - Date of collection
 - Time of collection (including AM or PM)

- Urinate directly into the plastic urine collection cup following the time schedule below. **All four samples must be taken on the same day.**



Collect Sample 1
immediately
upon rising
(between 6-8am)



Collect Sample 2
two hours after
the first sample
(prior to 10am)

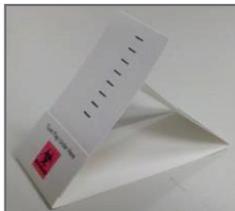


Collect Sample 3
late afternoon
(between 4-6pm)



Collect Sample 4
just prior to going
to bed
(between 8-10pm)

-  Open the cardboard cover and fold backwards to clearly expose the dried urine test strip filter paper. Ensure that enough urine has been collected into the plastic urine collection cup so that all black indication lines on the dried urine test strip filter paper have been saturated with urine.

-  Once you have saturated the filter paper with urine, prop the test strip in an upright position to **AIR DRY**. Please refer to the diagram showing how the sample should be positioned.
DO NOT leave the sample where it may be exposed to possible contamination or direct sunlight.

- After each urine collection, rinse the plastic urine collection cup with hot water only and allow to **AIR DRY** prior to your next collection.
- Once you have completed all four collections, leave to **AIR DRY** until the following morning.
- The following morning, fold the cover back over to protect the test strip. Ensure you don't touch the filter paper as this may potentially contaminate the sample.