

NEUROTRANSMITTERS

with optional Hormone & Element add-ons

Testing Instructions



View the collection video at www.zrtlab.com

1 Choose Your Collection Day

- ▶ Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.
- ▶ Failure to follow instructions may impact results or cause the lab to reject your samples.
- ▶ Avoid collecting when blood could be in your urine. Menstruating women do not collect during your period.
- ▶ The day before and the day of testing, ZRT recommends avoiding bananas, pineapple, nuts and nut butters, alcohol and nicotine, protein powders and protein shakes.
- ▶ Testers choosing the Elements add-on should also avoid foods high in iodine (seafood, kelp) or selenium (Brazil nuts) the day before and the day of collection. Continue taking any daily iodine or selenium supplements (e.g. Iodoral, multi-vitamin) as usual

1a If Testing Optional Saliva or Urine Panels

- ▶ Hormone add-ons may need to be tested on a particular day relative to menstrual cycle and/or hormone usage. Sample collection day should be chosen based on the guidelines below. It is not required that saliva and urine samples are collected on the same day.

Men, Children & Non-Menstruating Women

- ▶ Collect any day of the month.

Menstruating Women

- ▶ **Collect according to the following schedule:**
 - Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
 - Irregular Cycles: If you know when your period will start, choose 5 days before.
 - Unpredictable: Collect any day when not bleeding.

Hormone Users

- ▶ **Topical & Oral:** The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.
Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator). Avoid using hormones on the face, lips and neck. Change sheets, pillow cases and hand towels the night before collecting. Avoid touching bathroom surfaces which may be contaminated with traces of hormones.
- ▶ **Patches, Pellets or Injectables:** Test half-way between doses. For example, collect 3 days after a once-a-week patch or 2 weeks after a once-a-month injection.
- ▶ **Vaginal:** If testing optional Urine Hormones, do NOT use hormones vaginally for at least 3 days prior to urine collections as this may directly contaminate the urine with the supplemented hormone and cause false-high results.
- ▶ **Troches or Sublingual Therapies:** Not recommended for saliva hormones; talk to your health care provider about blood spot testing.
- ▶ **7-Keto DHEA:** Avoid for 3 days prior to collecting. Does not apply to regular DHEA.
- ▶ **Steroids (e.g. glucocorticoids, hydrocortisone, prednisone):** Talk to your health care provider about appropriate timing.

2 Prepare for Collection

- ▶ Refrain from drinking more than 8 oz water in the hour before each dried urine strip collection to allow your urine to concentrate.
- ▶ Don't eat, drink anything but water, take vitamins or supplements, or take medications (except as advised by your health care provider) until after the second urine collection. Continue to avoid the foods specified in Section 1 the entire collection day.

For Patients Collecting a Saliva Sample

- ▶ Avoid anti-aging/anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones.
- ▶ Do not brush your teeth prior to your collection.

| Collection Timetable | UPON WAKING | 2 HRS AFTER WAKING | BEFORE DINNER | BEFORE BED |
|----------------------|-------------|--------------------|---------------|------------|
| Dried Urine | 💧 | 💧 | 💧 | 💧 |
| Saliva | 💧 | | | |

3 Collect Samples

Dried Urine Collection



STEP 1

At each collection time: Remove a collection card from the pink bag. **Save this bag with the absorbent pouch.** Write your name, the date and time of collection on the card prior to collecting the sample.



STEP 2

To collect: Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



STEP 3

Hang or tape the collection card in a secure place to dry – like over a towel rack. Make sure that the urine-saturated filter paper does not touch anything.



STEP 4

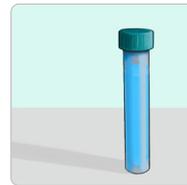
Allow to dry completely for at least 6 hours.* Once dry, refold the collection card and place sample back into the baggie and seal. Make sure absorbent pouch is still inside. Follow this process for the remaining three samples.

3a Skip this step if not collecting a saliva sample.

Saliva Collection

STEP 1

Begin collecting your saliva sample into the tube within 30 minutes of waking for the day. Wash hands with soap and water. Use a clean towel to dry hands. Rinse your mouth with water. Wait 5 minutes before beginning collection.



STEP 2

Allow saliva to pool in mouth, then transfer to tube. Fill tube at least half full, not including bubbles. Collection usually takes 15-30 minutes depending on saliva flow. When done, cap the tube.

Tip: Smelling food, yawning, or pressing the tip of your tongue against your teeth can all help with saliva flow.

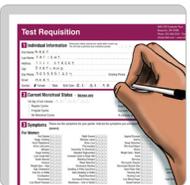


STEP 3

Write your name, the date and time of collection on the tube.

Place the tube back into the bag.

4 Finish & Send



STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



STEP 2

Place the samples, the Test Requisition form and any additional paperwork back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.



STEP 3

Place the entire test kit box inside the return packaging. Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Samples will remain stable under average shipping conditions, including over weekends and holidays.



IMPORTANT

Dried Urine Collection * Do not leave dry samples out of the bag for more than 24 hours.

- ▶ Samples **MUST** be completely dry before being placed back into the bag.
- ▶ If you miss a collection time, collect the sample at the designated time the following day. For example, if you miss the evening collection, collect in the evening the next day.
- ▶ **What if I lost the pink bag?** Use a plastic sealable bag.
- ▶ **Reasons for sample rejection:** Samples that are still wet, not sealed in the bag, or too dilute (too much liquid consumed prior to collection) will not be processed, replaced or refunded. Samples over 30 days old will not be processed.

Saliva Collection

- ▶ Each saliva sample must fill the tube at least half way, not including bubbles.
- ▶ **Mistake collecting saliva?** Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry.
- ▶ Freeze any samples not being shipped within 24 hours. Samples will be stable during shipping.