

# DRIED URINE ELEMENTS

## Testing Instructions

### 1 Choose Your Collection Day

- ▶ Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.
- ▶ **Diet & Supplement Considerations**  
If you take iodine and/or selenium supplements (e.g. Iodoral, multi-vitamin) daily, continue to take them as usual when testing. If you eat foods high in iodine or selenium, or take supplements only periodically, avoid them the day before and day of your urine collection. Foods highest in iodine include seafood, seaweed (kelp) and dairy products. Foods highest in selenium include Brazil nuts.
- ▶ Avoid collecting when blood could be in your urine. Menstruating women - do not collect during your period. Test on a typical, healthy day.
- ▶ Failure to follow instructions may compromise your lab results.



View the  
collection video at  
[www.zrtlab.com](http://www.zrtlab.com)

### 2 Collection Timing



#### SAMPLE 1

Collect your first urination immediately upon waking for the day.

- ▶ 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 first collection.



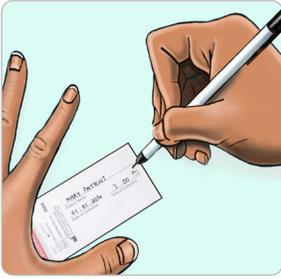
#### SAMPLE 2

Collect just before bedtime. Limit drinking to 8 oz the hour before.

### ! Important

- ▶ **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.
- ▶ **What if I miss a collection?** 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. Revise the requisition form and the time on the back of the card appropriately.

## 3 Collect Samples



### STEP 1

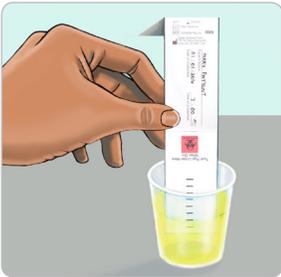
**At each collection time:**  
Remove a collection card from the baggie.

Write your name, the date and time of collection on the card prior to collecting the sample.



### 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 2

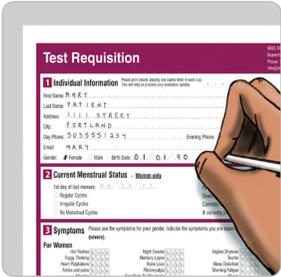
**To collect:** Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



### STEP 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. Repeat steps 1-4 for each collection.

## 4 Finish & Send



### STEP 1

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



### 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.



### 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.

**\*Note that samples MUST be completely dry before being placed in the kit box for shipping. Failure to ensure that samples are dry may result in the need for sample recollection.**