

CODE: OMX

Designs for Health

ORGANIC METABOLOMICS - OMX

THE PROCESS

- This test requires **1 waking urine sample**
- **Perform collection Sunday morning**
- Post sample on **Monday** in AusPost bag at an Australia Post office
- Notify your health coach when you have completed and posted the test

48 HOURS PRIOR TO COLLECTION

Avoid:

- All fruit
- Jams
- Jellies
- Alcohol (especially red wine)
- Cease supplements and non-essential medications

TO COLLECT:

- Prior to sleep the night before empty bladder
- Collect first morning urine - 15-50ml (no more)
- Write your details on collection container
- Close lid on collection container until you hear double click
- Place into plastic specimen bag and seal
- Fill out form - place in document holder on padded Express Post Bag
- Place specimen bag and ice pack into padded bag. FREEZE for minimum 8 hours
- Post on Monday



READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

Ensure sample is collected correctly.
The lab charges a \$50 retesting fee for incorrect samples