

CODE: 2004

CDSR Level 2

THE PROCESS

- Your test kit will arrive in the mail from NutriPath
- This test requires a **stool sample**
- The stool sample must be collected on **Monday, Tuesday or Wednesday**
- You will need to return the sample to NutriPath using the postage packaging provided
- **Notify your health coach** when you have completed the test via Slack - share a photo of the shipping label on the postage packaging, this will allow us to track the sample if required

[Download document to watch a collection video here](#)

2 weeks before the test, stop taking

- antibiotics & anti-fungal drugs

3 days before the test, stop taking

- castor oil or laxatives
- pro & prebiotics
- aspirin or ibuprofen
- digestive enzymes, detox or liver supplements
- minerals or amino acids

2 days before the test, include these foods in your diet if possible

- meat, fish & poultry
- vegetables
- carbohydrates
- fats



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