

CODE: 4006

# Histamine Metabolism Profile

## THE PROCESS

- Your test kit will arrive in the mail from NutriPath
- The blood sample must be collected on **Monday, Tuesday or Wednesday**
- The blood sample must be collected by **Melbourne Pathology**

[Click to find a collection centre here](#)

- **You will need to return the blood 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

### Before the test

- Fast for a minimum of 8 - 10 hours
- Ensure you are well hydrated (water only) for easy blood flow



### 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