

CODE: 5015

Iodine Loading

THE PROCESS

- Your test kit will arrive in the mail from NutriPath
- This test requires the **first urination of the day**, and then **all subsequent urine for the next 24 hours**.
- Do not complete test during menstruation
- The urine samples must be collected on Sunday or Monday
- 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](#)

4 days before the test, stop eating

- seafood

2 days before the test, stop taking

- iodine supplements



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