

CODE: 5005

Comprehensive health array 1

NUTRISTAT

THE PROCESS

- This test requires a Monday or Tuesday morning collection of
 - 1 urine sample - first morning urine then freeze while collecting blood
 - 1 blood draw from local collection centre - must be in the morning.
- The samples must be posted together on a **Monday** or **Tuesday**
- Do not complete test during menstruation
- If you are experiencing a urinary tract infection, delay collection until after completing treatment and wait 5 days
- Urine sample is to be frozen for at least 2 hours before posting
- Do not freeze blood samples

You must have your blood samples collected from an approved pathology collection partner [Click here to find your closest location.](#)

4 days before the test, STOP

- taking all supplements including protein powders, magnesium, creatine

48 hours before the test

do not consume any

- avocado, bananas, chocolate, cocoa, cheese, citrus fruits, grapes, kiwifruit, pineapple, plums, tomatoes, walnuts, pecans and vanilla
- alcohol, coffee, tea, caffeinated drinks, fruit juices

24 hours before the test

do not consume any food, drink or products containing

- aspartame - 951 (often in chewing gum and sugar free products)
- added MSG - 621, 622, 623, 624 & 625

be sure to

- continue your usual diet without overconsuming one particular food
- limit your fluid intake to ensure a concentrated urine sample

8-10 hours prior to collection

- fast for a minimum of 8-10 hours (water is allowed)



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

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URINE COLLECTION

1. Collect your **first morning urine** into the 50ml screw cap container
2. Collect 2 x 10mls of urine from the small 50ml container and seal the urine monovettes
3. Fill in patient information on the two adhesive stickers provided
4. Note the date of collection on your NutriPATH request form
5. Place the urine monovettes in the re-sealable section of the specimen transport bag and close the bag by press-sealing the bag removing any air pockets that may form in the bag as you seal it
6. **Place the specimen transport bag in the freezer for at least 2 hours.** Discard the remaining urine from the 50ml container

