

CODE: N004AD

Dutch Adrenal

DRIED URINE TEST FOR COMPREHENSIVE HORMONES

THE PROCESS

- Collect any day of the week
- **The test requires 4-5 urine samples over the course of 2 days**
- Setting alarms/reminders on your phone can be helpful for completing the tests!
- You will need to send your samples to RN Labs using the postage satchel provided
- Make sure the **urine samples have dried (at least 24 hours) before posting**

[Watch a DUTCH Adrenal collection video here](#)

48 hours before the test

- **stop eating:** avocado, banana & fava beans
- **stop taking supplements containing:** tyrosine, L-Dopa, L-Phenylalanine (DLPA), mucuna & quercetin

24 hours before and during the test

- limit fluid intake, yellow wee is best

The night before and during the test

- avoid caffeine & alcohol

Do you take any of the following medications? If you answered 'yes', please pay extra attention to the collection instructions.

- oral DHEA
- glucocorticoids (e.g. Prednisone, Dexamethasone, etc.)



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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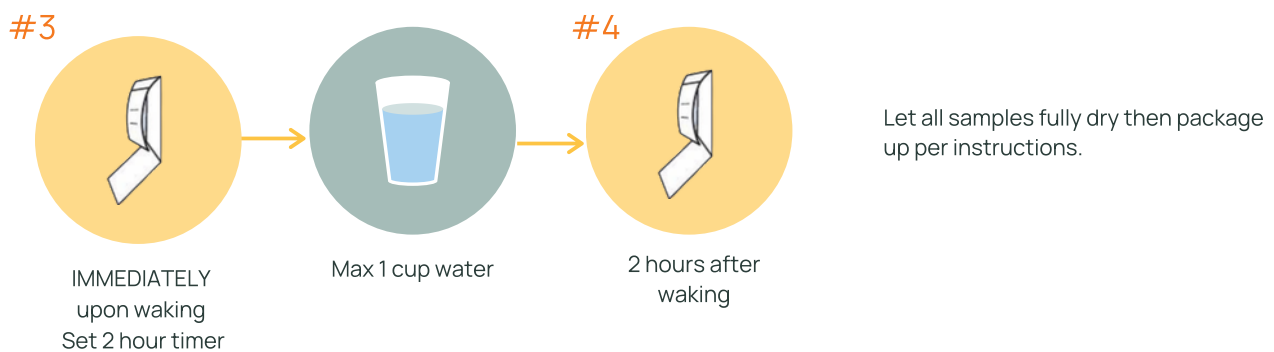
ON THE DAY

Read test instructions thoroughly

DAY 1



DAY 2



DAY 1



1 LITRE
WATER MAX



NO CAFFEINE
OR ALCOHOL

DAY 2



1 CUP
WATER MAX
(BETWEEN SAMPLE 3 & 4)



NO CAFFEINE
OR ALCOHOL