

CODE: N0060

Dutch Plus

FEMALE

THE PROCESS

- **Please see next page to determine when to do this test**
- The test requires **4 urine** samples and **5-6 saliva** samples over the course of **1 day**
- Setting alarms/reminders on your phone can be helpful for completing the test!
- You will need to send your samples to RN Labs using the postage satchel provided
- Make sure the **urine samples have dried and the saliva samples are frozen**

[Watch a DUTCH Plus 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 hormones? If you answered 'yes', please pay extra attention to the collection instructions.

- oral DHEA
- oral oestrogen
- oral progesterone
- oral pregnenolone
- oral contraceptive pill
- glucocorticoids (e.g. Prednisone, Dexamethasone, etc.)
- oral hydrocortisone (cortisol)
- sublingual hormones



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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WHEN?

We want to ensure we get the most accurate data from your DUTCH+ test.
For the most accurate data, this test needs to be performed at the right stage of your cycle.
If you are taking hormones OR are unsure, please speak with your health coach.

When should I take this test?

I'm not cycling



You do not cycle.

Or

You are in or post
menopause.

Collect samples on
any day.

I'm not sure



Your cycle can be
inconsistent.

You need to test for
ovulation. See next
page.

I know my cycle



Your cycle is consistent.
You know the day your
period will begin.

We would still like you
to test for ovulation.
See next page.

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Ovulation Testing

BEFORE DUTCH PLUS

We want to ensure we get the most accurate data from your DUTCH Plus test.

For this reason, the most accurate way to determine when to collect your samples is to [test for ovulation beforehand](#) to make sure the test is completed on the correct day.

- Follow the instructions provided in your ovulation test kit
- You'll need to **begin testing for ovulation on day 10**. If your cycle is longer or shorter than 28 days, your practitioner will advise when to begin
- Once you have a positive ovulation test, **count ahead 7 days**. This is when you'll need to complete the DUTCH Plus test
- You have a **2-day window** to complete the DUTCH Plus test

Example

Positive ovulation test on day 16

Count forward 7 days

$$16 + 7 = 23$$

The test needs to be completed on day 23 or 24



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ON THE DAY

Read test instructions thoroughly

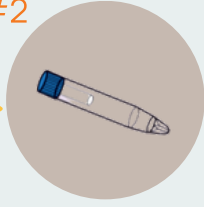
NO FOOD OR DRINK. DO NOT BRUSH OR FLOSS

#1



IMMEDIATELY upon waking

#2



30 minutes after waking

#3

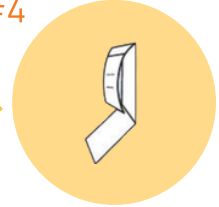


30 minutes later



Brush teeth/floss and eat

#4



2-3 hours after waking



No food or drink 1 hour before #5



Rinse mouth 10 minutes before saliva test

#5



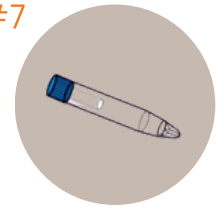
4-5pm

#6



10pm-midnight

#7



OPTIONAL
Upon sleep disturbance



NO EXERCISE



1 LITRE WATER MAX



NO CAFFEINE OR ALCOHOL