

CODE: N0060

Dutch Plus

THE PROCESS

- 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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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

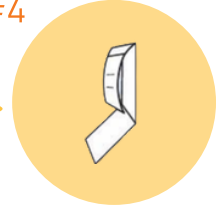


30 minutes later



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



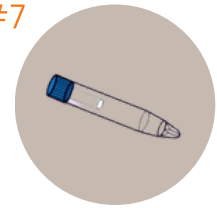
4-5pm

#6



10pm-midnight

#7



OPTIONAL
Upon sleep disturbance



NO EXERCISE



1 LITRE WATER MAX



NO CAFFEINE OR ALCOHOL