

CODE: OAT1

# Mosaic Organic

## Acid Test

(OAT)

### THE PROCESS

- Complete this test on any day of the week - then freeze sample until posting (must be frozen a minimum of 6 hours)
- Sample must be sent by AusPost on Monday

### 48 HOURS BEFORE TEST, STOP taking

- non-essential medication and all supplements (please speak with your practitioner if you have been using steroids)

### FROM 6pm night BEFORE TEST

- reduce fluid intake, yellow wee is best!

### FEMALE PATIENTS: Do NOT collect your sample during menstruation

### 48 HOURS BEFORE TEST, STOP EATING

- |                         |                  |                       |
|-------------------------|------------------|-----------------------|
| ▪ aged/processed cheese | ▪ grapes/raisins | ▪ reishi mushroom     |
| ▪ apple                 | ▪ jelly          | ▪ tomato/tomato sauce |
| ▪ avocado               | ▪ kiwi           | ▪ vanilla extract     |
| ▪ banana                | ▪ pear           | ▪ walnut              |
| ▪ cranberry             | ▪ pecan          | ▪ wine                |
| ▪ echinacea             | ▪ pineapple      | ▪ bone broth          |
| ▪ fruit juice           | ▪ plums/prunes   |                       |

### SUPPLEMENTS

We recommend you cease all supplement during preparation, but specifically avoid:

- Ribose supplement
  - Collagen (check your proteins or green mixes)
  - Arabinogalactan
- If unsure, simply read ingredients list



### 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