

CODE: OAT2

Great Plains Tox

THE PROCESS

- This test requires a **urine sample**
- Complete this test on a **Sunday or Monday**
- You will need to send the **frozen sample** to the lab using the postage satchel provided
- Notify your health coach when you have completed the test via Slack - share a photo of the shipping label on the postage packaging, this will allow us to track the sample if required

2 days before the test

- stop taking all non essential medications or supplements

FROM 6pm night BEFORE TEST

- reduce fluid intake, yellow wee is best!



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