



**MOSAIC™**  
DIAGNOSTICS  
*Formerly Great Plains Laboratory*

# Your Body Has Something to Tell You

This is How We Listen

**Metals – Toxic + Nutrient Elements – Stool  
Collection Kit Instructions**





## A window into your inner world.

Analysis of elements in feces provides indirect information about the potential for toxic metal burden. For many toxic metals, fecal excretion is the primary natural route of elimination from the body. Fecal elemental analysis also provides a direct indication of dietary exposure to toxic metals. Specimen collection is convenient for and only requires a single-step collection! Follow the next few pages to get started.

# Test Kit Contents

Start by identifying these eight elements of your test kit.



*Test Kit Box*



*Clear biohazard  
zip-lock bag*



*Specimen Vial  
(containing water)*



*Absorbent packing  
sheet*



*Disposable spoon*



*Shipping  
Laboratory Pak*



*Collection tray*



*Test Requisition  
Form*



*Disposable gloves*

# Before You Collect

**Important:** Do not discontinue any medications or supplements without first consulting your healthcare practitioner.

There are no special dietary restrictions. Don't collect your specimen within 3 days of having a GI exam using barium contrast agents or having dental amalgams (silver fillings) installed or removed

Samples must be shipped on a **Monday, Tuesday, or Wednesday**<sup>1</sup>. If you complete the collection on the weekend, hold the specimen until Monday to ship.

If you have dental amalgams, please indicate this on the sticker located on your clear biohazard zip-lock bag.

<sup>1</sup>Outside the US, the sample should be collected on Monday or Tuesday to allow extra time for shipping.

# Let's Get Started

1



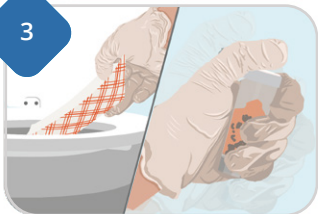
**Locate and complete the barcode sheet in your test kit.** Place a barcode sticker on the vial. Be sure that the information is legible and includes the collection date, time, and that the name matches what was provided on the test order.

2



**Add bits of your specimen to the vial** using the spoon, taking pieces from different parts of the specimen until the combined sample and preservative reach the **fill line**.

3



**Seal the vial and shake vigorously for about 30 seconds.** Place in the refrigerator until ready to ship.

**Dispose of remaining specimen and collection materials.** Do not flush the tray.

# Preparing the Package

Ensure each sample has the completed barcode sticker and that the name matches what was provided on the test order.

**1** **Retrieve the packaging material you set aside.** Locate the clear biohazard zip-lock bag, the collected samples, and the absorbent packing sheet.

**2** **Place the specimen vial** into the clear biohazard zip-lock bag. Add the absorbent packing sheet, seal using the zip-lock feature.



3

**Place the sealed biohazard zip-lock bag into the Test Kit Box.**



4

**If using the Test Requisition Form, also place in Test Kit Box.**

Close the lid. Locate the shipping instruction card included in your test kit for details on how to ship your collection(s).

## What's Next?

Your test results will be delivered to your doctor or health advisor generally within 2-3 weeks after being received at Mosaic Diagnostics.

It will be up to your doctor or practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

# Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



**Phone** | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



**Email** | [CustomerService@MosaicDX.com](mailto:CustomerService@MosaicDX.com)