



MOSAIC™
DIAGNOSTICS
Formerly Great Plains Laboratory

A Day in the Life of Your Body

**Amino Acids Test – Urine 24-Hour
Collection Kit Instructions**





Why Test for Amino Acids?

Amino acid testing offers valuable insights into your metabolic, nutritional, and neurological health. Amino acid imbalances are frequently underlying factors in a number of common disorders from ADD and OCD, to depression and seizures.

Fortunately, urine testing provides a relatively easy way to monitor amino acid levels in your body and help inform the recommendations of your health and wellness provider. This booklet will guide you through the simple steps to acquiring and submitting a successful sample.

The Importance of an Amino Acids Test - Urine 24-Hour

The human body uses 300-500 grams of protein in a 24 hour period. We intake, make, and metabolize them at highly variable rates. In order to get an accurate assessment of amino acid status, the 24 hour urine collection is the preferred method.

Keep All Components of This Test Out of Reach of Children and Pets

The specimen vial contains approximately 60mg of oxalic acid.

Do not ingest or inhale. Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

Test Kit Contents

Start by identifying these elements of your test kit.



Test Kit Box



Absorbent packing sheet



Large Collection Cup



Collection Vial



Silver thermo bag



Large Collection Container



Ice pack



Shipping Laboratory Pak



Clear biohazard zip-lock bag

Preparing For Your Test

1

Pick a day that works best for you, when you can count on having access to the same bathroom each time you need to go. Check that the Large Collection Container fits inside your refrigerator between collections.

2

Place the ice pack flat in your freezer, so it will be ready to ship with your specimen. **Place the large collection cup in your bathroom** to get ready to collect.

3

Set the rest of the contents aside so you can find them when it is time to return the specimen. These should include:



Test Kit Box



Clear biohazard zip-lock bag



Shipping Laboratory Pak



Collection Vial



Silver thermo bag



Absorbent packing sheet

Before Taking the Amino Acids Test

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

- **Do not complete this test if you are taking an antibiotic.** If you are currently on an antibiotic, be sure to complete the prescribed course of treatment and then wait 48 hours before starting your collection.
- **Eat a regular diet that contains protein** the day before and during collection. If possible, discontinue non-essential medication and supplements 48 hours prior to collection.
- **Discontinue Amino Acid Supplements** 48 hours prior to collection so they don't bias the outcome.

Let's Get Started

1

Begin your collection with your second urination of the day.

You will collect each urine sample every time you go throughout the day and night, and end with the first urination of the following morning.

2



Use the specimen Large Collection Cup

to collect the entire content for each urination. Pour contents into the Large Collection Container when finished.



Place the Large Collection Container in the refrigerator between sample collections.



Locate and complete the barcode sheet in your test kit. Record the date you finished your collection. Place barcode sticker on the collection vial. Be sure that the information is legible and includes the final collection date and that the name matches what was provided on the test order.

After Collecting the Last Sample

1

Record the total volume on the sticker on the collection vial.

2

Close the Large Collection Container and swish to mix contents.

3

Pour urine into the Collection Vial to the fill line from the large collection container (do not under or over fill vial).

4

Put cap snugly on Vial to ensure a good seal. Gently rock the tube back and forth to mix urine with preservative.

5

Ensure you have followed the instructions on the barcode sheet and have recorded the total volume on the label applied to the vial.



6

Place the Vial in your freezer for a minimum of 4 hours or until frozen (30 days maximum). Check the box on the barcode label to indicate the sample has been frozen.



7

Once you are sure all the above steps have been completed, discard of the remaining contents in the Large Collection Container (do not return).



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Ensure all samples are labeled. Unlabeled samples will be rejected.

Preparing the Package

1

Retrieve the packaging material you set aside. Locate the clear biohazard zip-lock bag, silver thermo bag, and absorbent packing sheet.



Clear biohazard zip-lock bag



Silver thermo bag



Absorbent packing sheet

2

Remove the frozen collection vial and frozen ice pack from the freezer and check cap for tightness.



Collection vial + any other test vials or cups



Ice pack

3

Place all frozen specimens and absorbent packing sheet
in the biohazard zip-lock bag and seal.



4

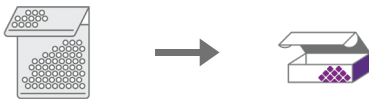
Place the sealed biohazard zip-lock bag into the silver thermo
bag along with the frozen ice pack.



5

Place the filled silver thermo bag into the Test Kit Box.

If using the Test Requisition Form, also place in 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 two weeks after being received at Mosaic Diagnostics labs.

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



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