



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

# Gathering Clues and Uncovering Insights

Companion to the  
Urine Collection Kit

## Porphyrins Test





# Why Do You Need a Porphyrins Test?

Porphyrins are ring-shaped compounds that hold the metal ions an organism needs to function such as the iron in hemoglobin and magnesium in chlorophyll. Porphyrin imbalances can point to certain hereditary diseases or potential environmental or nutritional concerns.

Porphyrins naturally accumulate in the urine making it a good medium for identifying porphyrin imbalances that can 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.

# Additional Test Kit Components

Your practitioner has ordered a test that requires an additional vials. Refer to the Urine Collection Kit for instructions which complement the vials in this kit.



*2 Amber Vials*

# Let's Get Started

NOTE: Porphyrins are light sensitive, so it is important to complete all handling steps within a few minutes after collecting your sample.

1. **Collect urine sample** as indicated in the Urine Collection Kit instructions.
2. **Locate the two Amber Vials** and fill both vials fully by immediately pouring urine from the collection cup. Make sure to retain at least 10 mL urine in collection cup.
3. **Put cap snugly on Vials** to ensure a good seal.
4. **Tighten lid on Collection Cup** which should contain at least 10 mL of the remaining urine.
5. **Ensure each sample has the completed barcode sticker.**
6. **Place the Collection Cup and Vials in your freezer** for at least four hours or until frozen (14 days maximum). Check the box on the barcode label to indicate that sample has been frozen.
7. **The Vials in this collection will need to ship with the frozen gel pack.**
8. **See the main Urine Collection Instructions** for how to package all urine samples (page 11).



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