



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

# Your Practitioner has Ordered Multiple Test Types

We're here to help!

Here's how we suggest you collect your samples

Different samples have different expiration dates. In general, stool and blood (from blood draw) have shorter viability, and we would suggest that you collect those later than some other samples such as urine and Dried Blood Spot (DBS).

Refer to the backside of this card for guidance on the order in which you should collect samples.

## Sample Type:

**Hair**

**Buccal Swab** for DNA Methylation

**Saliva** for Hormones Test

**Urine\***

**DBS (Dried Blood Spot)**

**Stool**

**Blood Draw** (all types)

## Sample Viability:

No expiration date

2 months

2 months (frozen)

30 days (frozen)

21 days

5 days after day 2 collection

Ship immediately on the same day

\*Urine – Porphyrins Test is viable for 14 days (frozen).

*Disregard any collection types not included in your test order.*