

Test Details

Sample Type: Urine

Collection Location: At Home



The Organic Acids Test (OAT) provides a comprehensive nutritional and metabolic snapshot of an individual's overall health.

Key Details







- Do not collect your sample while menstruating.
- You will collect your sample **upon waking, before eating or drinking.**
- **Freeze your sample** before shipping.
- Ship your sample Monday-Thursday.
For **international shipments**, ship Monday-Wednesday.

Scan QR code for
step-by-step
instructions



Collection Preparation

- If you are taking antibiotics, finish the course of medication and wait 48 hours before collecting your sample.
- **Complete the barcode sheet from your test kit, affixing a barcode sticker to each sample.**
 - Verify that the information is legible and includes the collection date and a matching name for the test order.
 - **Samples lacking a complete name and labels will be rejected.**
- Avoid the following foods and supplements for 48 hours prior to collection:

 Apples, apple juice and products	 Cranberries, cranberry juice and products
 Grapes, grape juice and products (including raisins)	 Reishi Mushrooms or Echinacea
 Pears, pear juice and products	 Arabinogalactan or Ribose Supplements
- Review included shipping instructions.

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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