

Preparing the Package

1

Ensure the frozen specimen(s) are labeled and tightly sealed. Check the box indicating it has been frozen. Place specimen(s) and absorbent packing sheet into the biohazard ziplock bag and seal.



2

Place the sealed biohazard zip-lock bag and frozen ice pack into the silver thermo bag and seal.



3

Place the filled silver thermo bag into the test kit box and close the lid.



Locate the shipping instruction card for details on how to ship.

Your test results will be delivered to your practitioner within 5 to 10 business days after the samples are received at Mosaic.

It will be up to your 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. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.

For online instructions
use the QR code or visit
mosaicdx.com/instructions



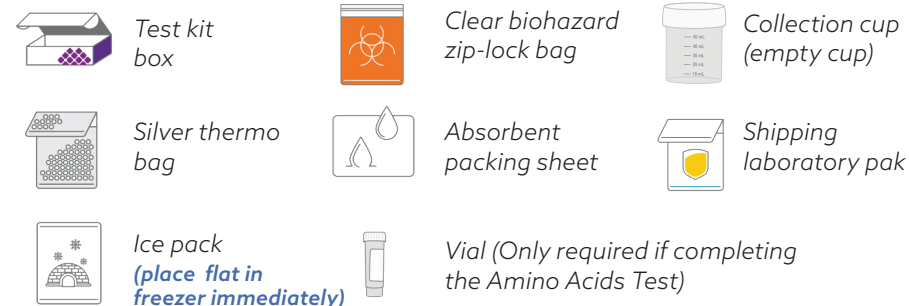
Collection Instructions: Urine Profiles

Your practitioner requested that you perform this test because urine carries critical insights into how your body is working. Mosaic Diagnostics is here to help you take this next step.

Test Kit Contents

Start by identifying these elements of your test kit.

If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Precaution: Amino acids only. Keep the kit contents out of the reach of children and pets. Do not spill preservative fluid in the vials and avoid contact with skin or eyes. For eye contact flush with water thoroughly for 15 minutes. For skin contact wash thoroughly with soap and water. For accidental ingestion contact poison control immediately. <https://mosaicdx.com/sds/>

Before You Start:

Plan to collect your first morning urine sample.

- Limit fluid intake after 6:00 pm the night prior to collection.
- Prior to bed, empty your bladder. Upon waking, collect your urine prior to eating or drinking. **Ensure that it has been at least 6 hours since you emptied your bladder.**
- A dilute urine sample may be inadequate for sample analysis and be rejected.
- Samples that are visibly contaminated with blood (red, pink, or brown in color) will be rejected.

Consult your healthcare provider before stopping any medications. Discontinuing supplements three days prior to specimen collection is recommended unless otherwise directed by your provider.

Samples must be shipped on a **Monday through Thursday** (outside the US, Monday or Tuesday). If you collect on the weekend, hold until Monday to ship.

Preparing For Your Test

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

Test	Requirements
Organic Acids Test (OAT) and Microbial Organic Acids Test (MOAT)  10mL min.	For 48 hours before collection: Avoid apples, grapes, raisins, pears, cranberries, and their juices or products. Also avoid arabinogalactan, echinacea, reishi mushrooms, and ribose supplements. Wait 48 hours after completing a course of antibiotics.
Mycotox Profile  10mL min.	Fasting for 12 hours may increase the excretion of mycotoxins from the adipose tissue (not required). At least 3 days prior to collecting, avoid glutathione, charcoal, and bentonite clay or similar binders. Samples cannot be tested for patients currently taking Mycophenolate mofetil (CellCept/Myfortic). Consult with your practitioner on when, or if, you can stop taking this medication for at least 72 hours before collection.
TOXDetect  10mL min.	If you are taking the antibiotic Cephalexin (Cefalexin, Keflex, Bio-Cef, Novo-Lexin), wait a minimum of four days after the last dose.
Glyphosate  10mL min.	None
Metals Urine (random)  10mL min.	It is recommended that you omit fish and shellfish from your diet for one week before collecting. If an MRI containing Gadolinium-based media has been administered, a urine specimen should not be collected for a minimum of 96 hours.
Amino Acids Urine Test  10mL min.	Discontinue any amino acid supplements 48 hours prior to collection. If you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before collection.

Amino Acids test: Pour urine into white top **vial to fill** line. Leave 5 mL in the cup. Tighten both lids. Invert vial 5x to mix. **Freeze** both until shipment.

Let's Get Started

1



Complete the information on the barcode sticker AND the specimen container(s) by writing the patient name, date of birth, collection date and time, and your initials. **If this information is missing, your sample will be rejected.**

Place the barcode sticker on the specimen container(s). Be careful not to put the sticker over the information you already wrote on the cup. Use blue or black ink from a ball point pen. Do not use felt-tipped pens or dry erase markers. **Remember: Your sample can't be tested without patient information on the cup.**

2

Collect a first morning urine specimen and tighten the lid on collection cup until you hear two clicks. This indicates the container is securely closed and ready for safe transport.



Urine must be yellow in color. If urine is clear the sample is too diluted and may be rejected.

3

After Collection: Freeze Urine specimen for a minimum of 4 hours before shipping. Keep specimen in the freezer until ready to ship.

See next page for packaging and 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