



Metabolomix+ PATIENT INSTRUCTIONS

Metabolomix: You will be collecting 3 specimens at home (Urine, Blood (finger prick) sample, and Cheek Swab).

PREP, DAY ONE: 2 DAYS PRIOR TO FIRST COLLECTION OF METABOLOMIX TEST

- Discontinue all NON-ESSENTIAL medications, supplements, Advil (Ibuprofen), and nutrient fortified foods and beverages. (It is okay to continue taking thyroid and hormone medications.)
- Avoid artificial sweeteners (e.g. Equate, Splenda, Sweet’N Low, Stevia, etc.), MSG (e.g. Soy sauce, Gelatin/collagen, processed meat and cheese), and alcoholic beverages.
- Avoid seafood.

PREP, DAY TWO: 24 HOURS PRIOR TO FIRST COLLECTION

- Eat usual diet as stated above, BUT avoid over-consuming any single food.
- Limit fluid intake to 64 ounces of fluid over 24 hours.

PREP, DAY TWO: NIGHT BEFORE THE TEST (Before Blood Spot Collection)

- You MUST fast the night before (do not eat anything after 10PM).

COLLECTION, DAY THREE: MORNING OF TEST (Blood Spot Collection)

- DO NOT eat or drink ANYTHING other than water.

PREP, DAY THREE: NIGHT BEFORE THE TEST (Before Urine and Cheek Swab Collection)

- You MUST fast the night before (do not eat anything after 10PM).
- Limit fluid intake to 64 ounces of fluid over 24 hours.
- Use your typical routine for brushing and flossing teeth, EXCEPT, DO NOT use mouthwash.

COLLECTION, DAY FOUR: MORNING OF TEST (Urine and Cheek Swab Collection)

- DO NOT eat or drink ANYTHING other than water.
- DO NOT practice normal oral hygiene routine (do not brush/floss teeth, no mouthwash).
- Collect urine sample in a clean container of your choice and follow the collection instructions on the instructions.

Sample Schedule:

MONDAY	Prep	
TUESDAY	Prep	
WEDNESDAY	Prep Morning and Night	Collect Blood Spot in Morning
THURSDAY	Prep in the Morning	Collect Urine and Cheek Swab in Morning

If you have any questions regarding this test or the preparation of which, please do not hesitate to call: