

## Welcome To Your Test Kit

You have chosen to do a Fecal Metals Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Padded envelope
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Collection vial containing water
- 1 x Transport spoon
- 1 x Collection tray
- 1 x Resealable plastic bag with an absorption pad
- 1 x Disposable glove

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### When to schedule your collection

- This test is to be taken over the course of ONE day and it must be shipped back within 48 hours of collection. You may collect your sample any time during the day.

### Important

- Never discontinue prescription medications without consulting first your physician.
- There are no special dietary restrictions for this test.
- Do NOT collect your sample within three days of having a GI exam using barium contrast agents or having dental amalgams (silver fillings) installed or removed.

## Collection Procedure



#### Step 1:

Write your full name, date of birth and date of collection on the label attached to the collection vial.



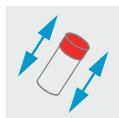
#### Step 2:

Put on the disposable glove. Collect your stool sample into the collection tray (DO NOT contaminate the sample with urine, menstrual blood, or water from the toilet).



#### Step 3:

Unscrew the cap on the collection vial. Use the transport spoon to transfer stool from different areas of the sample into the vial. Make sure there is enough stool mixed with the water to reach but not exceed the fill line. Screw the cap back on tightly.



#### Step 4:

Shake the collection vial vigorously for approximately 30 seconds to mix the stool with the water in the vial.



#### Step 5:

Place the collection vial into the resealable plastic bag and seal. Place the bag into the padded envelope, then leave at room temperature until you are ready to ship. (unless you are not able to ship the same day\*)

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. \*If you cannot ship your sample the same day you complete the collection, such as over a weekend or holiday, keep the box containing the collection vial in the refrigerator until you are ready to ship. DO NOT store for more than two days.
- Please schedule your shipment so that your sample will arrive at the laboratory on a working day, as we are closed over the weekend.

### When you are ready to ship

- Ensure that the following information is provided:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Retrieve the padded envelope containing your sample and place into the supplied box.
  - Place your completed Personal Information Form into the box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).