

Urinary Metabolic Performance Profile

State-of-the-art Science. Superior Solutions.



Need more information? Please see our
instructional videos at
www.PhysiciansLab.com or call **877.316.8686**

Accession #



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diagnose, treat, or recommend treatment for medical conditions.

Collection Instructions

▼ When To Collect?

Place ice pack in freezer the night before collecting.
Collect your sample immediately upon waking.

▼ Restrictions

Stop drinking fluids 2 hours before bed. **Do not** drink any fluid prior to collecting your morning sample. Refrain from intaking Alcohol the night before the collection. Avoid supplements containing Creatine for 48 hours before testing.

▼ Supplement Users

Confirm with your physician if you should continue to take supplements during the collection process.

- ▼ Failure to follow instructions may compromise the clinical usefulness of your lab results.

IMPORTANT

Record collection date and time below and return this card with your sample.

Collection 1

Collection Day: ____ / ____ / ____ mm/dd/yy

Collection Time: ____ : ____

Post Collection Instructions

Preparing Your Kit For Return

- ▼ Place the urine sample and frozen ice pack into the box immediately after collection
- ▼ Include Collection Date and Time card within your kit.

Shipping

- ▼ Place return kit in the pre-paid shipping envelope provided.
- ▼ You are able to return your specimens any day but Sunday.



For questions regarding sample collection, please call Physicians Lab's dedicated patient advocate team at (877) 316-8686