



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

Urinary Metabolic Performance Profile

Need more information? Please see our
instructional videos at
www.PhysiciansLab.com or call
877.326.5969

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.

▼ Water Restrictions

Stop drinking fluids 2 hours before bed. **Do not** drink any fluid prior to collecting your morning sample.

▼ 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 FedEx shipping envelope provided.
- ▼ Bring return kit to any certified FedEx drop off, drop box or local FedEx office.



For questions regarding sample collection, please call Physicians Lab's dedicated patient advocate team at (877) 326-5969