



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 877.316.8686

Accession #



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Physicians Lab is a laboratory testing facility only and does not
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. Place specimen in refrigerator until ready to ship back to the lab.

▼ 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.

IMPORTANT

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



Collection 1

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

Collection Time: ____ : ____

Height: _____

Weight: _____

Post Collection Instructions

Preparing Your Kit For Return

- ▼ Place refrigerated specimen tube in kit with frozen ice pack on top.
- ▼ Include Collection Date and Time card within your kit.

Shipping

- ▼ Place return kit immediately 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) 316-8686