






**AMINO ACIDS TESTING WARNING: Vial contains approximately 120 mg of oxalic acid. KEEP OUT OF REACH OF SMALL CHILDREN. DO NOT INGEST OR INHALE.** Wipe spills with a wet towel. In case of contact with skin, wash with soap and plenty of water. In case of accidental contact to eye or ingestion, rinse with plenty of water. Seek medical attention if warranted.

## Before You Begin Collections

1. Save the cardboard box and place the gel pack flat into the freezer (for at least 4 hours) to ship the sample back to us.
2. Send the sample **Monday through Thursday**. Samples shipping on Friday will not only incur extra shipping charges, but may also compromise the sample due to the lab being closed over the weekend.
3. Please check the specimen requirements below for patient preparation instructions.
4. Only use containers supplied by GPL to avoid contamination of specimens.
5. Fill out the Test Requisition Form completely. Please PRINT clearly. For US patients, a physician authorization is required.
6. Females, please do not collect samples during menstrual cycle.
7. Limit liquid intake starting at 6pm the night prior to collection to avoid sample dilution. Urine must be yellow in color, if urine is clear the sample is too diluted. Discard diluted sample, rinse collection cup in hot water only (no soap), air dry, then re-collect.
8. If you have any questions, please call Customer Service at (913) 341-8949 or email CustomerService@GPL4U.com.



## Urine Testing Requirements

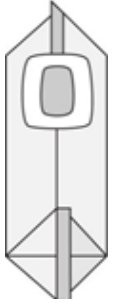
Test	Min.	Items to Discontinue	Urine Collection	After Collection
<b>Amino Acids Urine Test</b> 	25 mL Urine	Discontinue any amino acid supplements 48 hours prior to collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Collect the first morning urine in the collection cup provided.  Collecting sample prior to eating or drinking is preferred.	Pour some of the urine into the red specimen vial to the fill line – do not underfill, make sure to leave at least 5 mL remaining in collection cup.  Secure lids tightly on both the collection cup and specimen vial. Invert vial 5 times to mix urine with the preservative.  Freeze both cup and vial until ready to ship. Ship vial and cup with frozen gel pack.
<b>Organic Acids + Amino Acids Combo Test</b> 	35 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 48 hours before collection. Avoid arabinogalactan, echinacea, reishi mushrooms, ribose supplements, and any amino acid supplement for 48 hours before collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Collect the first morning urine in the collection cup provided.  Collecting sample prior to eating or drinking is preferred.	Pour some of the urine into the red specimen vial to the fill line – do not underfill, make sure to leave at least 10 mL remaining in collection cup.  Secure lids tightly on both the collection cup and specimen vial. Invert vial 5 times to mix urine with the preservative.  Freeze both cup and vial until ready to ship. Ship vial and cup with frozen gel pack.
<b>Amino Acid 24 Hour Urine</b> 	50 mL Urine	Discontinue any amino acid supplements 48 hours prior to collection. The test requires no special diet but if you are taking antibiotic medications, please finish the course of medication, and then wait 48 hours before starting collection. <i>Never discontinue prescription medications without first consulting your physician.</i>	Begin by collecting the 2nd urination of the day. Urinate into the large clear collection container.  Continue collecting urine for 24 hours, including the first urination of the next morning. Keep urine refrigerated in between voids.	Mix the urine in the large container. Record the TOTAL VOLUME on the Test Requisition Form. Failure to record the total volume may skew test results. Pour urine into the red-topped vial to the fill line – DO NOT underfill. Pour 5mL of urine into the yellow-top collection cup. Screw lids tightly on both the cup and vial. Invert vial 5 times to mix urine with the preservative.  Freeze both the cup and vial until ready to ship. Ship the cup and vial with the frozen gel pack. DO NOT ship the large collection container.

## Pediatric Collection Bag Instructions (for infant collection)

---

Overnight collection is acceptable if using a pediatric collector. After collection, DO NOT ship the collection bag alone. You may put the entire bag into the collection cup or pour the urine directly from the bag into the collection cup for shipping.

1. To collect urine, separate infant's legs. Make sure perineal and pubic areas are clean and dry.
2. Peel off backing paper, exposing hypoallergenic adhesive.
3. For female use: Start from the bottom up with the adhesion at skin flap, separating vagina lips (labia) and work upward. Press firmly to skin surrounding the vagina (labia) with excess of bag toward the feet.
4. For male use: Position penis naturally through bag opening with excess of bag toward the feet. Press adhesive firmly to entire perimeter without puckering.
5. Re-apply diaper directly over bag. We suggest that you cut a hole in the diaper and pull the pediatric collection bag through, which will hold the bag securely in place. If necessary, you may place a second diaper on the outside of the first to prevent bag from irritating the skin.



## Preparing and Shipping Specimens

---

1. Print the patient's full name, time and collection date on the side of the urine cup and red-topped vial.
2. Place urine specimen(s) into the biohazard zip-lock bag along with the absorbent packing sheet. Place frozen ice pack and urine sample(s) into the silver thermo bag. Place the silver thermo bag into the box. Fold and place the completed TRF in the box and close the lid. Place the box in the FedEx Clinical Pak. Note: The urine sample MUST be in the cardboard box or the shipment will be rejected by FedEx.
3. Seal the FedEx Clinical Pak. Please take note of the shipping/tracking number if you would like to track the package.
4. Call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery.

## Turn Around Time

---

Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.

THE FOLLOWING  
INSTRUCTIONS  
ARE FOR THE  
PLASMA VERSION  
OF THE AMINO  
ACID ANALYSIS



## 1 Before You Begin Collection

NOTE: This kit must be used by qualified medical personnel NOT FOR HOME USE

1. Save the cardboard box and place gel pack (if included) flat into the freezer (for at least 4 hours) to ship the sample back to us.
2. Send the sample Monday through Thursday. Extra shipping charges will apply for Saturday deliveries (Friday shipments), and the sample may become compromised due to the lab being closed over the weekend.
3. Review the patient preparation instructions in the Specimen Requirements table on the reverse side.
4. Please check the expiration date on all vials. If any have expired, call 913-341-8949 for replacement vials.
5. Fill out the Test Requisition Form completely. Please PRINT clearly. For US patients, a physician authorization is required.
6. Call your phlebotomist and make an appointment for a morning blood draw.
7. Take the kit, including frozen gel pack (if included) and instructions to your appointment.

## 2 Instructions for Phlebotomist

1. Sample must be shipped within 24-48 hours after collection. Send the sample Monday through Thursday.
2. Collect the appropriate specimen using the guidelines on the reverse side.
3. Indicate patient's name, DOB, and collection time and date on vials and on the Test Requisition Form. Refrigerate or freeze specimen until ready to ship.
4. Prepare the specimen for shipping.

**If your physician does not have a phlebotomist, we suggest:**

Any Lab Test Now. Visit [www.anylabtestnow.com/locations](http://www.anylabtestnow.com/locations) to find a location near you.

Phlebotomy Services International, Inc. (PSI). To schedule an appointment, contact PSI directly by calling 1-855-600-3722 or visiting [www.phlebotomyservices.com](http://www.phlebotomyservices.com).

For other options, please visit [www.GPL4U.com/blooddraw](http://www.GPL4U.com/blooddraw)

**Phlebotomists often charge a fee for the blood draw, which most insurance companies cover.**

## 3 Preparing and Shipping Specimens

1. Place transport vial(s) into the vial sleeve(s) and seal. Place vial sleeve(s) into the biohazard zip-lock bag, insert absorbent sheet, and close.
2. Insert biohazard zip-lock bag into the cardboard box. If the sample requires frozen gel pack (see specimen requirements on back), insert frozen gel pack into zip-lock biohazard bag.
3. Fold and place the completed Test Requisition Form in the outside pocket of the biohazard zip-lock bag containing the specimen.
4. Close the lid. Place the box in the FedEx Clinical Pak and seal. Note the shipping/tracking number if you would like to track the package at [www.fedex.com](http://www.fedex.com).
5. Call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery. Do not put kits in a FedEx drop box!

**For questions about the collection of samples, call a Customer Service Representative at (913) 341-8949.**

## Specimen Requirements

Vial Type	Test (# of vials for test)	Amount per Vial	Patient Preparation Instructions	Phlebotomist Instructions
<b>Gold SST vial</b> 	Advanced Cholesterol (2) Dopamine Beta-Hydroxylase (DBH) IgG Food Allergy (1) IgE Food Allergy Essential (1) IgE Food Allergy Basic (2) IgE Food Allergy Advanced (3) IgE Inhalant Allergy Basic (2) IgE Inhalant Allergy Advanced (3) IgE Allergy Advanced Combined Test (6-8) Streptococcus (1) Vitamin D (1) Ferritin (1) FAN Panel (2)	2 mL serum per SST vial  Multiple vials in kit, fill all required vials and follow instructions on right	Hydrate 24 - 48 hours prior to collection  For FAN Panel, restrict Berberine for 48 hours prior to collection	Allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette serum into the 5mL plastic transport vials provided and cap tightly.
<b>Lavender with EDTA</b> 	Amino Acids Plasma (1) Amino Acid Plasma Pour off vial	6 mL whole blood- 2ml plasma	Hydrate 24 - 48 hours prior to collection.  Requires an overnight fast. Avoid alcohol for 24 hours.	Invert specimen 10 times. Within 30 minutes of initial blood draw, centrifuge the vial for at least 10 minutes. Pipette the plasma into the plastic transfer vial using the disposable pipette supplied. Pipette the plasma to the line marked "2mL" on the vial. Do not fill above or below this line. Mix the acid and plasma by inverting the vial at least 10 times. Immediately <b>freeze</b> transport vial. Ship with frozen gel pack. Must be received within 48 hours of collection.
<b>Royal blue top with EDTA (blue label)</b> 	Metal Red Blood Cell (2)	2 mL packed red blood cells per vial, 2 vials required	Hydrate 24 - 48 hours prior to collection.	Centrifuge specimen for 15 minutes at 1500g. Within 1 hour discard plasma and leave RBCs in Blue Top Vials. Ship on the day of collection.  <b>Do not freeze.</b>
<b>Royal blue top with EDTA (blue label)</b> 	Metal Whole Blood (1)	4 mL whole blood	Hydrate 24 - 48 hours prior to collection.	Invert specimen 10 times. Ship on the day of collection.  <b>Do not freeze.</b>
<b>Blue top no additive (red label - trace element free)</b> 	Copper+Zinc / Ceruloplasm (1), Immune Deficiency (2)	2 mL serum per vial, 3 mL total required for test	Hydrate 24 - 48 hours prior to collection.	Centrifuge specimen for 15 minutes at 1500g. Remove serum within 4 hours pipette serum into transfer vial and ship serum.

## Turn Around Time

Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.