

## Shipping Preparation

### When to schedule your shipment

- Ship your samples as soon as possible. If you cannot ship your samples the same day you finish the collection, such as over a weekend or holiday, leave the urine cards at room temperature until you are ready to ship. Do not store for more than three days.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Place the resealable plastic bag containing your collected samples along with the completed Personal Information Form and Test Questionnaire into the supplied box.
  - Place the box in the DHL-bag and ship (see Shipping Instruction).



## Welcome To Your Test Kit

You have chosen to do an Iodine Profile 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 Test Questionnaire
- 1 x DHL bag
- 1 x DHL shipment waybill
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 2 x Urine collection strips
- 1 x Resealable plastic bag



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## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

### Prior to collection

- First urine collection: do not eat or drink anything (except water), take vitamins/supplements or take any medications (except as advised by your practitioner) until after your first urine sample.
- Second urine collection: limit drinking to one glass containing 8 oz (227ml) of fluid an hour before collecting your second urine sample.

### When to schedule your collection

- We will be testing your iodine and/or selenium levels in the morning and at night. Please see below when to collect your samples:
  - First collection (morning): collect your first sample in the morning immediately upon waking.
  - Second collection (evening): collect your second sample just before bedtime.

**Important:** Avoid collecting when blood could be in your urine. Menstruating women - do not collect during your period. Test on a typical, healthy day.

### If you eat foods containing high levels of iodine and selenium or are taking supplements

- If you take iodine and/or selenium supplements daily (e.g. lodoral, multi-vitamin), we recommend you continue to take them as usual while collecting your urine samples.
- If you only periodically eat foods containing high levels of iodine and selenium\* or take supplements containing iodine/selenium we recommend you avoid them the day before and during your urine collection, as this will better reflect your average daily iodine intake.

\*Foods highest in iodine: seafood, seaweed (kelp) and dairy products. Foods highest in selenium include brazil nuts.

### Important

- Samples that are still wet, not sealed in the bag, or are too diluted (too much liquid consumed prior to collection) will not be processed and will need to be retaken.
- If you miss a collection time, collect the sample at the designated time the following day. For example, if you miss the evening collection, collect in the evening the next day. Revise the Personal Information Form, the Test Questionnaire and the time on the back of the urine card appropriately.

## Collection Procedure



### Step 1:

Write your full name, date, and collection time on the back of the urine collection cards.



### Step 2:

Open the urine card cover and fold back from the filter paper. Do NOT touch the filter paper with your hands.



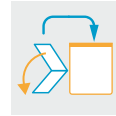
### Step 3:

Saturate the filter paper by collecting urine in a clean cup and dipping the filter paper up to the black dash-line closest to the text 'Tuck Flap Under Here When Dry'.



### Step 4:

With the cover slip folded back and away from the urine saturated filter paper, allow to dry for at least four hours (optimally eight hours). Repeat steps 1-4 for your second evening time collection.



### Step 5:

Next morning, close flaps of BOTH urine collection cards (without touching filter paper) and place into the resealable plastic bag until ready to ship (see Shipping Instruction).



### Step 6:

Make sure to note date and time of collection on the Personal Information Form and the Test Questionnaire.