

Shipping Instructions

Place the frozen sample, ice-pack and absorbent tissue in the silver thermos envelope. Place the thermos envelope along with the completed requisition form in the return box, place the box in the appropriate return bag and add the return shipping label.

Please follow the instructions on the enclosed shipping document.



Mosaic Diagnostics

(formerly Great Plains Laboratories)

Urine Test Instructions

OAT – CMI30
Tox - CMI41
Mycotox – CMI42
MOATs – CMI32
Glyphosate – CMI47 / CMI48
Envirotox comp – GPL01
Envirotox – GPL04
OAT & Mycotox – GPL03
OAT & Tox – CMI43



Essential Information prior to Urine Collection

Important: Do not discontinue any medications or supplements without first consulting your healthcare practitioner. Wait 48 hours after completing a course of antibiotics before collection.

Test – OAT, MOAT or Glyphosate

Minimum Requirement – 10ml per test

Items to discontinue 48 hours before collection -

Apples, apple juice and products, Grapes, grape juice and products (including raisins) Pears, pear juice and products, Cranberries, cranberry juice and products, Reishi Mushrooms or Echinacea, Arabinogalactan or Ribose Supplements

Test – Mycotox

Minimum Requirement – 10ml

Items to discontinue 3 days before collection –

Glutathione, Bentonite Clay or similar binders, Charcoal. If you are taking mycophenolate mofetil (CellCept/Mycofortic) please be sure to check the appropriate box on the Test Requisition Form. Fasting 12 hours before collecting your sample may increase the level of detectable mycotoxins and improve the sensitivity of the test.

Test – Tox

Minimum Requirement – 10ml

Items to discontinue before collection – None

For assistance call 0203 750 0870 or email info@regeneruslabs.com.

Urine Collection

- **Samples should be received at Regenerus Labs Monday to Wednesday.**
- Please ensure you read and understand the essential information prior to collection.
- Females, please do not collect samples during menstruation.
- Collect your first urine specimen in the morning before eating or drinking. This is the most concentrated collection.
- Pediatric collection bags are available upon request for children not potty trained to aid with collection.
- Please collect at least the minimum amount of urine required for the number of tests on your order. Collecting more than the minimum is recommended, but not required. Pour off anything above 50 mL indicator line to prevent leaking once frozen.
- Locate and complete the barcode sheet in your test kit. Place one barcode sticker on the collection sample. Be sure that the information is legible and, includes the collection date, and time, and that the name matches what was provided on the requisition form.
- Place the collection cup and ice-pack in your freezer for at least four hours or until frozen (30 days maximum). Check the box on the barcode label to indicate that the sample has been frozen.
- Now see shipping instructions