

Shipping Instructions

Shipping -UK Only

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.

For your convenience, we have enclosed a pre-paid return shipping label. Please stick this label to the front of your sealed shipping bag or package, and either take it to a UPS drop-off point (see https://www.ups.com/dropoff?loc=en_GB) or contact the day before shipping is required, UPS to arrange a collection. Call them on 03457877877, quoting account number AR6636, and request a standard next-day delivery; give them your address and NOT the waybill number. (this will not exist in their system until it has been scanned) Regenerus Laboratories do not keep records of your tracking number. Should you need any assistance, please call +44 (0) 203 750 0870, or email info@regeneruslabs.com

Shipping - Overseas (to be done within 2 months of receiving the kit)

For your convenience, we have enclosed a pre-paid return shipping label for DHL (FEDEX if Netherlands) with your DHL Overpak bag. Please ensure you package your samples correctly (samples should be placed in a biohazard/ziplock bag, then a box, the shipping bag) failure to use all 3 layers of packaging may result in shipping rejection. Then contact your local DHL to arrange a collection / drop off.



Mosaic Diagnostics

(formerly Great Plains Laboratories)

Urine Test Instructions

OATS / Tox / Mycotox / MOATs / Glyphosate



- Check below to see what's included in your kit.
- Keep the box provided to return your sample in.
- Samples should be received at Regenerus Labs Monday to Wednesday.
- DO NOT CONSUME ALCOHOL FOR 48 HOURS PRIOR.**
- DO NOT DISCONTINUE ANY MEDICATIONS OR SUPPLEMENTS UNLESS INSTRUCTED BY YOUR PRACTITIONER.** See Essential collection information for further details.
- Wait 48 hours after completing antibiotics before collection.

One silver thermo envelope
1 Shipping Box
1 Hazard Bag and absorbent tissue
1 ice-brix and 1 x 50ml urine collection vial
1 x requisition form with barcodes attached
1 x Return Shipping Label and green bag



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