



## URINE ANALYSIS FOR MONITORING HEALTH

Urine provides a unique source of information about your body as many biochemical processes produce residue that is excreted in the urine. Analysis of the excreted substances provides an excellent way to monitor the body's metabolic health.

The tests we perform assist us in monitoring adrenal function, calcium and vitamin C levels, oxidation rates and need for anti-oxidants, digestive function and bowel toxicity, acid-base levels, concentration of urine, and markers for disease processes. These tests give a picture of the "biological terrain" that is your health potential.

### **PREPARATION for the Urine Test.**

Please follow these instructions for 2 Full days prior to providing the sample.

#### **(First Morning Urine)**

- Eliminate all nutritional supplements. Continue with any prescription medications from your medical doctor, but provide a list of these prescriptions on the day of the test.
- Drink a minimum of 6-8 glasses of water daily.

### **Collection of the Urine Specimen MUST BE FIRST MORNING URINE**

- We will provide a specimen cup so that you can bring your **FIRST MORNING URINE** to our office.
- **If you are not bringing your sample to our office first thing in the morning, please refrigerate your sample.**
- If you don't have a specimen cup from our office, any clean jar with a lid will do.

Although we require you to book an appointment for dropping off your urine specimen, ***you will not be required to stay at the office*** that day unless you are having other tests.

**If you need any clarification after reading this protocol please call our office at (403) 270 – 9355**