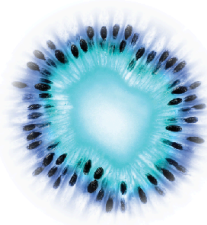


## On the day of your appointment

Please read the following instructions carefully.

- 1.) Please do not eat or drink anything one hour prior to your appointment. No mints, chewing gum or candies one hour prior to your initial appointment. Water is permitted. You may bring a snack to the session to consume after the test.
- 2.) I will need a urine sample from you. You have two options:
  - 1.) The preferred method for better results is to bring me a first morning urine sample in any clean glass jar from your house. Please refrigerate the sample until you come for your session especially if you have an appointment in the afternoon or evening. Please do not consume alcohol the night before if possible as it can alter the results.
  - 2.) **OR** you can provide a urine sample during the session. If you choose this option please drink enough water prior to the session to be able to provide a urine sample.
- 3.) Please bring all of your completed forms with you to the session.



**Stephanie Cowie**  
Certified Nutritional Practitioner