

Gentle Health Assessments

Preparation for Heavy Metal Testing

- **36 hours before testing**
 - No vitamin or mineral supplements
 - No Birth control pills
 - *may cause elevated levels of copper
 - Stop diuretics if possible
- **24 Hours before testing**
 - No tap water or red wine
 - No excessive amounts of water
- **Morning of the test**
 - Do not drink coffee before collecting the sample
 - Collect the first morning urine in a plastic cup or jar
 - * About 60 ml or ¼ cup is enough
 - *First morning is any time after 4 AM, or 5 AM, during Daylight Savings Time. Samples from other times of day can be used, but the first urine is more concentrated than samples taken later in the day.
- **Women – best done away from menstruation**

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