

## **Urine Toxic Metals Testing – Do not eat fish or shellfish 2 days before you start the test.**

1. Empty your bladder before the collection period begins then take 5 capsules total. (In the baggie)  
2 pills of NA R-Alpha Lipoic Acid-Total 1200 mg  
3 pills of Calcium Disodium EDTA-Total 1800 mg
2. Over the next 6 hours collect urine in the cup provided then pour into expandable container.
  - a. Keep container in refrigerator until 6 hours is over.
  - b. Can be left in refrigerator overnight if need but no longer.
3. After 6 hours shake the expandable container for about 30 seconds then pour a sample of urine from the expandable container into the test tube and full to the line indicated.
4. Write name, date of collection, and date of birth on the test tube then put back in plastic bag.
5. Complete paperwork.
6. Put bag with test tube and paperwork back in box.
7. Put box in FedEx bag.
8. Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.
9. Affix the Billable Stamp to the FedEx Clinical Pack.
10. Drop off at a FedEx location or call FedEx to pick up 1-800-238-5355, once the greeting answers say “REP” and “Yes” then tell the representative that you need a pickup using a prepaid Billable stamp.
11. Wait for Dr. Hughes to call you with the results.