

*** *READ THIS FIRST* ***

Before starting the Heavy Metal Screening Test, please read these instructions which will be more detailed than the instructions found in the test kit. The goal of following these instructions is to have you do this screening test the same way it would be done for you in a clinical setting. This is a clinically accurate and easy screening test for you to perform in the comfort of your own home.

This screening test will indicate the presence of toxic heavy metals, or toxic levels of minerals, based on a color change of your sample as you do this testing. It will take you about 15 - 20 minutes to complete the steps of this Heavy Metal Screening Test. The sample needed for this screening test is a urine sample. Using your first morning urine is ideal since it is more concentrated, but any urine sample during the day can be used for this screening testing. Here are your steps to follow:

Special Note: We recommend you do not take any nutritional supplements for at least 24 hours prior to doing this screening test.

Step 1: Setting-up your test.

- Open up the box of your Heavy Metal Screening test.
- Pull out the following items:
 1. Taller plastic test tube with the number 1 - 8 up the side. Keep the cap on for now. Note that there is a white powder in the bottom of this test tube. This is a buffering agent that makes sure your testing sample is closer to a neutral pH. This allows for the most accurate results when testing.
 2. Small pipet (skinny plastic tube with a bulb on the end) to draw up fluid to put into your test tube.
 3. Small plastic vial with a clear liquid.
 4. Flat brown plastic bag sealed at the top which contains 1 or 2 small square pieces of a special test paper needed for your screening test.
- Twist off the cover on the taller plastic test tube, but be careful to not let it tip over. You want to keep the white powder in the test tube.
- Open the small brown plastic bag and take out one of the small squares of special testing paper. Place only one into your test tube.
- Open the smaller plastic vial with the clear liquid by pushing upward on the top. The top should flip open. Then carefully pour the clear liquid into the taller test tube. Your liquid should fill the tube up to the line marked with the number 1.
- Twist the cover back on the taller test tube and then shake the test tube quickly back and forth to mix together the clear liquid, special test paper, and white powder. Shake for about 15 - 20 seconds, and you will see the color of the liquid will turn a green color. This is our baseline color.

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Step 2: Gathering your urine sample for testing:

- You can use any cup that is made from plastic or glass. It must be clean and **MUST** be dry. You do not need a sterile container, because we are not testing for bacteria . . . we are screening for the presence of toxic heavy metals only. If you can, use your first morning urine since it will be more concentrated. However, a urine sample during anytime of the day can be used for testing.
- A urine sample of 3 - 4 oz will be plenty to perform this screening test.

Step 3: Beginning the Test:

- Our baseline color is the greenish color you now see in the test tube. Green is good. Green means the screening test is not detecting any toxic heavy metals or toxic levels of minerals. Ideally we want the liquid in the test tube to remain green the entire time of testing. **ANY** change in color away from the green (such as grey, purple, pink, peach, red, yellow, orange, or brown) is a positive screening test indicating you may have toxic elements in your urine sample that have come from inside your body.
- You will be adding 1 ml of your urine sample four separate times, observing the result after each sample, and recording your result on the results guide provided.

Step 4: Adding sample 1 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 2 line. This means you will have only added 1 ml of your urine.
- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed to another color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 1 on your results guide.
- You will follow this same procedure for all 4 samples you add to the test tube.

Step 5: Adding sample 2 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 3 line. This means you will have only added 1 ml of your urine.

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- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 2 on your results guide.

Step 6: Adding sample 3 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 4 line. This means you will have only added 1 ml of your urine.
- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 3 on your results guide.

Step 7: Adding sample 4 of 4:

- Take the cap off the test tube - be very careful it stays upright so that none of the green liquid (called a reagent) spills out.
- Use your small pipet (small tube with bulb on the end) to collect a small amount of your urine and place only enough into the test tube for the liquid to fill up to the number 5 line. This means you will have only added 1 ml of your urine.
- Twist the cap back on the test tube and shake quickly back-and-forth for 15 - 20 seconds to mix everything together.
- Set the test tube upright on a table, counter or other flat surface and set a timer for 3 minutes.
- After the 3 minutes, you only need to look at the top portion of your sample. Observe if your sample has remained a greenish color, or if it has changed color. Note that as you add more of your sample the green color will become lighter, but it will remain a shade of green when no heavy metals are detected.
- Record the result of Sample 4 on your results guide.

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Results Guide - Use this page to record your results.

Use the chart below to record your results after adding each of the 4 samples of your urine to the test tube. If you are unsure of the color change then place a question mark in the space to indicate that a color change was beginning to happen, but you were unsure what color it was indicating. Remember, any color other than green is indicating the presence of heavy metals or toxic levels of minerals in your body. If your test tube remains a green color after adding each of your 4 samples, then this screening test is not detecting the presence of toxic elements in your urine that would be coming from inside your body.

Note: The colors of your sample may not match exactly as shown below.

	None (Green) 	Copper (Purple) 	Zinc (Pink) 	Cadmium (Peach) 	Lead (Red) 	Mercury (Orange / Yellow) 	Nickel (Brown) 	Level of Toxic Elements ↓
1 st sample								Very High
2 nd sample								High
3 rd sample								Moderate
4 th sample								Mild

My screening test stayed a green color the entire time of the testing . . . now what?

This is great news. This tells us that even if you have been exposed to some of these toxic elements, your body has done a good job dealing with it and getting rid of these toxins. There's no need to test again in the near future (unless you know you've received a new exposure). Because it is impossible to avoid these toxic elements in our environment, we recommend you re-test every 1 - 2 years.

My screening test did not stay a green color . . . so now what?

Any combination of colors are possible because a person could have several toxic elements within their body resulting in a blending of colors in your screening test. It may start out changing to one color, and then change to a different color as you add more of your urine sample. It may even end up a greyish color after adding one or more samples. Remember that any color other than some version of a green color is detecting the presence of toxic elements in your system. Even if you cannot narrow it down to a certain color, it doesn't matter in regards to what you do about it.

The process of removing these toxic elements out of your body is called "chelation". Your health provider will recommend the most effective strategy to help you remove these toxic elements from your body.

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