

24-hours urine Iodine /Bromine and “Spot” test

Name:

Birth date:

Height:

m

Weight:

kg.

Mailing address:

Number:

City:

Country:

Phone:

Mobile Phone:

Name Health care Provider (optional):

Do you regularly supplement with Iodine? Yes / No

If so, indicate brand, strength and duration:

Total volume urine produced: _____ ml.

Symptoms that you may have (mark all that apply)

- | | |
|--|---|
| <input type="radio"/> Cold hands / feet | <input type="radio"/> Dry skin |
| <input type="radio"/> Fatigue | <input type="radio"/> Fibrocystic breasts |
| <input type="radio"/> Inability to concentrate | <input type="radio"/> Irritability |
| <input type="radio"/> Muscle weakness | <input type="radio"/> Weight gain |
-

Request for additional halogens:

- ☐ 1x Fluoride analysis (24uurs urine & Spot test)
- ☐ 1x Chloride analysis (24uurs urine & Spot test)

Additional halogens can only be requested when they are ordered at the Biocoherence website.

This test is intended to measure ‘halogen concentrations’ in your body. Please read the instructions carefully. To avoid skewing results only use the supplies provided in the kit. Do you have any questions? E-mail us at info@biocoherence.eu

Important notes:

- **STOP taking Iodine, kelp, and /or seaweed supplements 72 hours before beginning the test.** Do not discontinue any thyroid hormones unless directed by your doctor.
- **Do not perform this test if you have an iodine allergy.** This test requires that you take one 50 mg Iodine / Iodide combination tablet
- It is imperative to collect every drop of every urine excretion in the 24 hours period.
- **Accurately record the total volume collected at the end of the testing.**
- *If any of these notes are skipped, the test is void.*

Kit contents:

- A 50 mg Iodine/Iodide combi tablet (brown bag)
- A 3 liter brown urine collection jug
- 3x a 15 ml vial (each vial contains blue/green preservative)
- A 16 ounce collection cup
- Return shipping material including:
 - A blue pre-addressed TransMed retour envelope (Note: you responsible for valid posting stamps)
 - A leak free Sealbag for the urine sample vials
 - A sheet of absorption material inside the bag with 3 compartments for 3 vials.

Test Collection Instructions

Part 1 (Spot test):

1. In the 16-ounce collection cup, collect the first urine excretion when you awaken.
2. Pour urine into the vial labelled '**Spot test**' (fill approximately $\frac{3}{4}$ full then discard excess), **tightly** secure the lid and shake. (Vial contains blue / green preservative).
3. Fill out the label on the front of the vial labelled '**Spot test**' and store in the refrigerator until time for shipment.

Part 2 (24 hours urine test):

1. Ingest the Iodine/Iodide tablet.
2. After ingesting the tablet, begin collecting all urine for the next 24 hours (Example: if you take the tablet on Monday 8am, finish Tuesday 8am). Collect each sample into the provided 16-ounce container and pour into the large 3L brown collection jug. Keep the collection jug refrigerated (to reduce the odour).
** If you excrete more than 3L (the top line of the brown jug) urine before the 24 hour period is complete, see next page**
3. Once **all** the samples have been collected, place the jug on a level surface and measure the total volume. **Record the total volume for the 24 hour period** in the space provided on the front of the vial labelled 'vial 1'.
4. **Shake** the jug to mix the urine in order to get the best representation of all the samples taken.
5. Pour urine into the vial, labelled 'vial 1' (**only** fill $\frac{3}{4}$ full), tightly secure the lid and shake. The urine will turn green or blue/green due to dye in the vial (which acts as a preservative). Only send one vial if you filled the brown jug with 3L or less.
6. Finish filling out the label on the front of the vial 1 and the required information sheet (Make sure to record the total urine volume – without this reading accurate results are not possible!)
7. Now the vial is ready for shipment (see shipping instructions). Mail immediately upon completion of collection.

Instructions of you excrete more then 3L volume (top line of measuring gradient) of urine within the 24-hour collection period

1. When the brown jug is full, record the total volume (which should be 3L) on the vial labelled 'Vial 1', shake jug to mix urine in order to get the best representation of samples taken.
2. Pour urine into the vial, labelled 'Vial 1', **tightly** secure the lid and shake. The urine will turn green or blue/green due to dye in the vial (which acts as a preservative). Keep this vial **refrigerated**.
3. Pour out the remaining urine from the brown jug and begin collecting again.
4. When the 24-hour period is over, record total volume on vial labelled 'Vial 2', shake the jug to mix the urine and fill 'Vial 2' (**only** fill $\frac{3}{4}$ full), tightly secure the lid and shake. The urine will turn green or blue/green due to dye in the vial (which acts as a preservative).
5. Send in both vials.

Shipping Instructions

1. Place vial(s) in the sip lock bag with the provided absorbent material (the small, white rectangular sheet provided inside the sip lock bag)..
2. Place the vial(s) in the zip lock bag
3. Place these instructions with your personal data and total volume in the return envelop.
4. Follow the instructions provided.
5. Send back the TransMed retour envelop back to Biocoherence Nederland, Planetenveld 23, 3893 GE, Zeewolde, NL. **Make sure that you use enough postage stamps**