

## READ PRIOR TO USE:

### Test First Morning Urine

It is recommended that the test be done with the first morning urine specimen.

### Important Note:

Some dietary components, supplements\*\* or medications may turn your urine excessively yellow or cloudy. This may interfere with your ability to read or interpret the results. Perform the test at another time when your urine is clearer. If you are currently taking any medications, consult with your doctor or professional health care provider about the results of the test. Please also make sure you drink 8-10 glasses of water the day before you do the test.

\*\*These supplements include: Vitamin C, Vitamin B-complex or Vitamin B-1 (thiamine), Vitamin B-2 (riboflavin), Vitamin B-3 (niacin also known as nicotinamide), amongst others.

### WARNING:

- **Not for injection or ingestion.**
- **Do not inhale** — Ampoule contains substances, which are irritating. The intense dye will cause stains.
- **Do not add urine sample to ampoule.** Add both ampoule contents to urine sample simultaneously.

### KEEP OUT OF REACH OF CHILDREN

In case of accidental ingestion, or if the contents of the ampoule get into your eyes, call physician immediately.

*This product is not intended to diagnose, treat or prevent any diseases.*

Store in a cool dry place. Keep under temperature of 78°F (24.5°C) or store ampoules in refrigerator.

### Note:

When breaking top of ampoule, please use plastic cap provided to prevent injury.

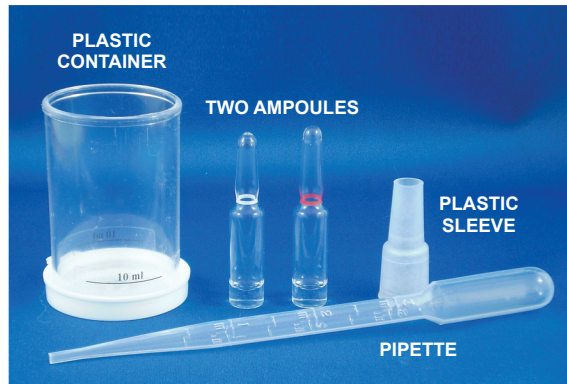
### Recommended Test Schedule:

Test once each week for 4 consecutive weeks and record test results. Test once or twice a month thereafter.

**Use Flax Hulls Lignans (ORAC\* value of 19,600)** to control excessive free radical activity [www.flaxhulllignans.com](http://www.flaxhulllignans.com)

\*ORAC is a measure of antioxidants

## CONTENTS OF KIT:



## FREE RADICAL ACTIVITY EVALUATION COLOUR CHART

- Individual Free Radical Activity results and antioxidant requirements may vary.
- Adjust need for antioxidants according to test results.
- Many other factors especially Heavy Metals can cause excessive free radical activity.

*Recommended test schedule: Test every month.*

**Colour Chart** Free Radical Activity as measured by MDA (Malondialdehyde) levels in the urine.

### NEED FOR ANTIOXIDANTS

0-1 MINIMAL	Optimum or sufficient
2 LOW	Slight increase in intake
3 MEDIUM	Increase in intake
4 HIGH	Improve diet & increase in intake (Check presence of heavy metals in body)
5 SEVERE	Improve diet & need high intake (Check presence of heavy metals in body)

## INSTRUCTIONS FOR USE:

1. Remove the 2 ampoules from the plastic container
2. Collect **first morning urine** and transfer 10ml to plastic container with pipette. There is a guide line on the plastic container for 10ml
3. Break the tops of both ampoules at the neck (white and red lines) with plastic sleeve provided
4. Drop both ampoules in an upright position into the plastic container making sure that the liquid within the ampoules do not spill into the urine.
5. Close the plastic container with the cap provided tightly
6. Turn the container upside down with the cap pointing to the ground so that the liquids in both ampoules are released into the urine simultaneously.
7. Turn the container right side up (cap pointing skywards) and shake the solutions gently to mix
8. Wait for 5 minutes and compare colour of the solution to the chart provided to determine level of free radical activity

