

RÊVE  
HEALTH

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# *FOUNDATION PROTOCOL*

TEST INSTRUCTIONS

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BLOOD WORK  
SALIVARY CORTISOL  
HAIR MINERALS & METALS  
URINE ENVIRONMENTAL POLLUTANTS

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[REVEHEALTH.COM](https://REVEHEALTH.COM)

# OVERVIEW

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When you receive a package from us take a moment to go through all the contents. You'll find a salivary cortisol test kit, an environmental pollutants test kit (urine), a heavy metal test kit (hair), and a blood draw kit.

## **WATCH OUR YOUTUBE VIDEO**

We put together a short video showing you all the items in your package. Watch it [here](#).

## **BOOK A 15-MINUTE ZOOM WITH US**

We encourage you to book a 15-minute Zoom at any time if you have questions, or want to have us help you walk through your labs. You can book with us [here](#).

# BLOOD WORK

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## **STEP 1**

We will email you your blood work requisition form. You will bring this form with you to your blood draw appointment.

## **STEP 2**

The timing of your blood draw is important. If you currently have predictable cycles, plan to have your blood draw on either day 3 or day 21 of your cycle (day 1 is first day of your menstrual period). If you do not have predictable cycles, do not have a cycle or are currently taking hormonal birth control, you can complete the blood draw at any time.

## **STEP 3**

Schedule your blood draw at a LabCorp draw center. You can find a location near you or schedule a mobile phlebotomy service [here](#).

## **STEP 4**

Fast for 12-16 hours before the blood draw, no more or less. For this reason, morning draws are typically easiest. Do not drink caffeine the morning of the draw. Water and herbal tea are okay.

## **STEP 5**

Bring your blood work requisition form and photo ID with you to the blood draw.

## **STEP 6**

Once the blood draw is complete, please send us an email at [hello@revehealth.com](mailto:hello@revehealth.com) to inform us when in your cycle your completed the lab work, if applicable.

# SALIVARY CORTISOL

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## **STEP 1**

Open your salivary collection kit. The day before completing the test, place the ice pack in the freezer.

## **STEP 2**

On the day of collection, do not take any supplements specific to adrenal support (other nutrients are okay). Try not to consume caffeine if possible the day of collection. Do not eat or drink anything 1 hour prior to each collection.

## **STEP 3**

Use the small straws to spit into each color coded tube. The colors correspond to the time of day for the collection (see test kit instructions). Fill up each tube 3/4 way full. Bubbles are okay.

## **STEP 4**

Take the first sample 30 minutes after waking. It is helpful to set an alarm the night before for 30 minutes after you're scheduled to wake up. Store the sample in the freezer until you're ready to ship.

## **STEP 5**

Repeat the same process for the remaining sample collections - around noon (before lunch), evening (before dinner), and night (before bed). Store each sample in the freezer after collecting.

## **STEP 6**

When ready to ship, fill out the requisition form and sample collection bag stating the date and times of collection. Put the samples in the provided cooler with the ice pack and ship to the lab with the provided return label.

# HAIR MINERALS & METALS

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## **STEP 1**

Open your hair collection kit, taking out the sample bag, weighted scale, return label, and requisition form.

## **STEP 2**

This test is best done with help. Ask someone to cut the hair samples for you.

## **STEP 3**

Using a small pair of scissors, take small samples of hair from the back of the scalp. You will need multiple samples from multiple locations on the back of the head. Please note, most members take too little! You can always [book a 15-minute call](#) with us to have us walk you through it.

## **STEP 4**

If you have never previously addressed heavy metals, you can take the whole sample of hair. If this is your follow up lab or if you have previously detoxed heavy metals, only take the hair from the first inch closest to the scalp, discarding the rest of the hair.

## **STEP 5**

Continue to add samples of hair to the paper scale until the scale tips. When in doubt, send in more hair than you think.

## **STEP 6**

Add the hair sample to the sample bag and fill out the label. Fill out the requisition form with collection information.

## **STEP 7**

Put the sample bag and requisition form in the prepaid envelope. Place in mailbox to be mailed.

# ENVIRONMENTAL POLLUTANTS

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## **STEP 1**

Open your collection kit, taking out the urine test card, small plastic bag, requisition form, and return envelope.

## **STEP 2**

The night before collection, put a clean glass and the urine test card next to your toilet. Put a note next to the toilet as a reminder for the morning if necessary.

## **STEP 3**

The test is first morning urine. After waking, void a small amount of urine in the toilet. Collect the rest of the stream in a clean cup of water.

## **STEP 4**

Place the absorbent pad part of the urine test card in the cup with urine, letting the pad be soaked through.

## **STEP 5**

Remove the urine test card from the cup and let air dry on the counter overnight.

## **STEP 6**

Fill out the test requisition form indicating date and time of collection.

## **STEP 7**

Place the dry urine collection test card in the plastic envelope and put inside the return envelope with the requisition form. Place in the mail to return to the lab.

# HAVE QUESTIONS?

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## **SEE OUR YOUTUBE VIDEO**

A video outlining the test instructions is [here](#).

## **EMAIL US**

If you have any questions, please email us at [hello@revehealth](mailto:hello@revehealth) and we're happy to help you!

## **BOOK A ZOOM CALL**

You are also welcome to book a 15-minute Zoom call to go over any questions you may have, linked [here](#).