

RÊVE
HEALTH

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FOUNDATION PROTOCOL

TEST INSTRUCTIONS

BLOOD WORK
SALIVARY CORTISOL
HAIR MINERALS & METALS
URINE ENVIRONMENTAL POLLUTANTS

REVEHEALTH.COM

OVERVIEW

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

If you are in a more remote area, you may also have a blood draw kit included in your package (we will communicate this with you ahead of time).

WATCH OUR YOUTUBE VIDEO

We put together a playlist of instructions for each of the Foundation Protocol tests. Watch it [here](#).

If a blood draw kit was included in your package or you purchased additional add-on tests with the protocol, you can find instructional videos [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

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](#).

If you live in a remote area, we will reach out to arrange your phlebotomy service.

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 or exercise 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 to inform us when in your cycle your completed the lab work, if applicable.

SALIVARY CORTISOL

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. Put the sample immediately in the freezer after completing.

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

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 cutting as close to the scalp as possible. 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](#) to have us walk you through it.

STEP 4

If you have never previously addressed heavy metals, you can include the whole sample of hair in your sample. 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, collect more hair.

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

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 you will be taking the test in 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.

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?

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.com 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](#).