

RÊVE
HEALTH

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FOUNDATION PROTOCOL

TEST INSTRUCTIONS

BLOOD WORK
SALIVARY CORTISOL
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) and an environmental pollutants test kit (urine).

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

Men - You can complete your blood work any day.

Women - 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 on any day.

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 you 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.

ENVIRONMENTAL POLLUTANTS

STEP 1

Plan to collect your urine sample on a Monday-Thursday morning. Avoid completing the test when you are actively menstruating.

STEP 2

The night before collection, place the collection kit in the bathroom with a reminder and place the ice pack in the freezer.

STEP 3

In the morning **before eating or drinking**, collect first morning urine in the collection cup. You will need a minimum of 10 mL and no more than 50 mL. Seal the cup after collecting.

STEP 4

Place the barcode sticker on the collection sample located in your test kit. Be sure to write the collection date, time, and your name.

STEP 5

Place the collection cup in the freezer for at least four hours (can freeze for up to 30 days maximum). Check the box on the barcode label to indicate the sample has been frozen.

STEP 6

Place the frozen sample and absorbent packing sheet in the biohazard zip-lock bag and seal. Place the sealed zip-lock bag into the silver thermo bag with the ice pack.

STEP 7

Place the silver thermo bag into the box with the test requisition form. Ship your collection back using the prepaid label.

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](#).