

The 6-Hour Provoked Urine Challenge Test

<https://www.youtube.com/watch?v=7zQHdkB9I7M>

Preparation

- Refrain from eating any kind of seafood for 5 to 7 days before taking the urine toxic metals test.
- Females; please do not take the test while menstruating.
- Drink 8 glasses of water on the day before the test.
- Do not take any mineral supplements on the morning of the collection.
- Stay hydrated on the day of the test.

Section 1

1. Discard your first morning urination. Do not collect.
2. Take the prescribed mega dose of _____ capsules of HEAVY METAL DETOXIFICATION AGENT.
3. For the next 6 hours, urinate into the white plastic cup then pour it into the Large clear collapsible collection container. Keep the Large clear container refrigerated during the entire collection process.
4. When you have completed the urine collection process, shake the Large clear container for 30 to 60 seconds so that the urine is mixed.
5. Four hours after taking the mega dose, take 1 HEAVY METAL DETOXIFICATION AGENT (100 mg) capsule. **Every 4 hours, take 1 HEAVY METAL DETOXIFICATION AGENT (100 mg) capsule.** This means taking HEAVY METAL DETOXIFICATION AGENT **throughout the night** so set your alarm clock.
6. Use the chart to the left to keep record of this dosage (*see sample chart on right*). Stop taking the HEAVY METAL DETOXIFICATION AGENT **after 3 days**.

Dosage Schedule

{ Sample Chart }

Mega dose			Mega dose 7 am		
Day 1	Day 2	Day 3	Day 1	Day 2	Day 3
			11 am	11 am	11 am
			3 pm	3 pm	3 pm
			7 pm	7 pm	7 pm
			11 pm	11 pm	11 pm
			3 am	3 am	
			7 am	7 am	

Section 2

1. Carefully pour the urine from the Large clear container into the plastic vial with the blue cap and tighten the lid. **Don't forget to write your name and date of collection on the vial.**
2. Wrap the blue-capped vial in the paper towel provided, place into the clear plastic bag and seal. Place the clear plastic bag with its content into the cardboard box labeled "urine toxic metals."
3. Fill out only the highlighted sections of the requisition form. Dr. Davidson does not need to sign the requisition form. Please **do not** include your insurance or billing information.
4. Place the requisition form into the cardboard box.
5. The only items in this box should be the clear plastic bag containing the blue-capped vial and the requisition form.
6. Close the box and place it inside the large plastic mailing bag.
7. Fill out the EZ Return shipping label and secure it to the plastic mailing bag.
8. To schedule a pick-up, call **1-800-463-3339** and say "**Schedule Pick-Up**". You must call this number and not the number on the plastic mailing bag. Pick-ups are Monday through Friday only. If you complete your testing on the weekend, simply refrigerate the blue-capped vial containing your urine test until you are able to schedule a weekday pick-up.
9. Discard the Large clear collection container and the white plastic cup.