

The “Toxin Test” Challenge

Instructions

Test #1: Baseline Urine Test

This is a test that determines if a person is excreting any of 20 different toxic heavy metals without the help of a detoxifying agent, such as All Natural Zeolite. Usually this urine baseline test will demonstrate that the body excretes little, if any, toxic heavy metals without some form of help.

Stop all detoxifying agents at least 48 hours prior to the testing, including All Natural Zeolite, MSM, Cysteine, DMPS, EDTA, or even Vitamin C.

- Do not eat any seafood or shellfish 24 hours prior.
- Be well hydrated.
- Collect your urine sample according to the test kit directions.
- A minimum of 250ml of urine is all that is required for this test. You may discontinue the urine collection as soon as you have collected 250ml of urine.
- You may then follow the lab kit instructions to prepare the urine sample to be sent to the lab.
- Fill out the lab requisition form and send to the lab.
- You may expect your results with the Dr.’s data analysis to be e-mailed to you approximately 14 days from the date you sent the test kit.

Test #2: Random Challenge Urine Test

This test demonstrates the effectiveness of All Natural Zeolite to pull and remove heavy metal toxins from the body. This test will reveal which heavy metals are being stored in your body. Heavy metals come out in layers. Therefore, some heavy metals such as Mercury and Lead are more likely to come out first while others can take several weeks or months before they are available for removal.

- Be sure you have not used any other chelating agent for at least 48 hours such as MSM, Glutathione, DMPS, DMSA, EDTA or Cysteine.
- Be sure that you are well hydrated and have the next 16 hours available to follow the test kit protocol.
- Sample time schedule:
 - 6 a.m.: Empty your bladder upon waking (do not collect your first urination after waking). Take 15 drops of the All Natural Zeolite diluted in at least 8oz of purified water with 500-1000mg of Vitamin C. Begin the urine collection according to the test directions for the next 16 hours.
 - 10 a.m.: Four hours after the first set of 15 test drops, take another test dose of 15 drops. Continue urine collection.
 - 2 p.m.: Four hours after the second set of 15 test drops, take another test dose of 15 drops. Continue urine collection.
 - 6 p.m.: Four hours after the third set of test dose of 15 drops, take the final 15 drops for a total of 4 doses. Continue the urine collection for the entire 16 hours from the time you started. After the fourth and final drops you will collect urine for four more hours.
 - 10 p.m.: Stop urine collection. Prepare the sample according to the test kit directions, and refrigerate until DHL arrives for pick-up.

VERY IMPORTANT!!! Be sure to shake urine samples well or pour from jug to jug as described in the test kit before removing two samples for the mailing tubes. Heavy metals are exactly that, “HEAVY”, so they will settle to the bottom of a urine sample.

- Be sure to stay well hydrated and drink at least 2 liters (or 2 quarts) of purified water during the urine collection process.
- Prepare the sample carefully according to the directions.
- Send the test kit to the lab according to the directions on the lab requisition form.

VERY IMPORTANT: See the bottom of this document for specific instructions on filling out the lab form.

Alternative Dosing Protocols:

- If a person is very fragile, has difficulty maintaining hydration, or is otherwise compromised, dosing could be decreased to 5 drops, four times during the 16-hour urine collection time.

Alternatively, if a person wants a **vigorous** challenge testing protocol, a person could take 40 drops, four times during the 16-hour urine collection time.

Be sure to take Vitamin C with All Natural Zeolite (*Ester C* or *Hiscorbadyne* are also good choices). Vitamin C helps to intensify the effectiveness of zeolite.

Suggestions for Detoxifying Toxins while using All Natural Zeolite drops

Please note that this is a suggestion. Please consult with your physician before beginning any new products.

Once you have completed the “Toxin Test Challenge”, you may remain on the basic detoxifying protocol of 15 drops 3 or 4 times a day while you wait for your test results.

Follow-up recommendations for your detoxification protocol dosing will be based upon your specific test results. Follow-up urine challenge tests are recommended every 4 to 6 weeks.

If any symptoms, such as headache, develop while taking All Natural Zeolite, it is recommended to reduce the dosage to 3 drops, 3 times a day. When any symptoms have dissipated, you may slowly increase the drops to 5 drops, 3 times a day for 5 days, then 10 drops, 3 times a day for 10 days. Slowly increase back to 15 drops, 3 or 4 times a day.

It is also suggested that you take 500-1000mg of Vitamin C with each dose of NCD to help absorption. Ester C or Hiscorbadyne are also good choices.

Make sure you are well-hydrated, drinking 3-4 liters of purified water during the day and have added fresh fruits and vegetables along with good fiber to your nutrition. It is recommended to have a fiber intake of 50-60g per day for optimal digestive health.

Once you have achieved urine test results that indicate a minimal toxic body load, it is suggested to use the maintenance dosage of 3 drops 3 times a day to help the body remove heavy metals that we continually absorb from various environmental sources.

Please note that these are suggestions and nothing in this site is intended or considered to be treatment of any kind. Please see your health care practitioner for any medical conditions or treatment questions that you may have.

Additional Urine Test Kits can be ordered at www.AllNaturalPrevention.com

Instructions for filling out the Lab Requisition Form

Once you receive your test kit from the lab you will need to refer back to this page to complete the requisition form enclosed in the box.

Inside the test kit you will find the lab requisition form. We have simplified the information required for you to fill out.

1. On the top left, in the Bill To section: check the Physician Account box.
2. On the top right corner, check the Toxic Element Clearance Profile.
3. The Comprehensive Urine Element Profile is NOT available at this time. DO NOT check the Comprehensive Urine Element Test.
4. The Diagnosis Code is NOT required.
5. Collection duration –Check the Timed box.
6. For the Baseline (Test#1), write the amount of time it took to collect 250ml.
7. For the Random Challenge (Test#2), write 16 hours.
8. It is NOT required to record the Total Volume of Urine.
9. Under Provocation: For the Baseline (Test#1), mark Pre-Provocation. For the Random Challenge (Test#2), mark Post-Provocation.
10. For the Baseline (Test#1) write "no agent used" for Provocation Agent.
11. For the Random Challenge (Test#2) write "All Natural Zeolite" for Provocation Agent.
12. Physician Signature is NOT required.
13. Fill out Patient Information
14. Important: Fill in Date Final Sample Collected.
15. Be sure to sign form.
16. Do NOT fill out the Insurance Information Section.
17. Insurance and Medicare billing are not available through this site. This allows the cost of the test to remain inexpensive. If you wish to bill this type of testing to your health care insurance or Medicare, you must find a local health care provider to do the testing for you.
18. Do NOT fill out Check or Credit Card Information. Your test is pre-paid through this web site.
19. Follow instructions for collecting samples and placing in vials. It is NOT necessary to write Total Urine Volume on the vials of urine.
20. Put the requisition form and the urine sample in the box.
21. Call DHL toll-free at 1-800-247-2676 to schedule a pick-up.
22. Refrigerate test kit until the day of pick-up. On the day of pick up it is okay to leave it on your doorstep until DHL arrives on that day.
23. Do NOT fold the shipment bag. Pull the adhesive strip off from inside the bag on one side and press the bag together to seal.

Some of these instructions may seem contradictory when compared to the requisition form you receive. **Please follow these instructions carefully and don't worry!** The main concerns are outlined above for a successful collection and shipment.