

## METABOLIC URINE TEST (MUT) Test Preparation

### Step 1- Patient Preparation

Prior to submitting your urine sample, it is recommended to do the following:

1. It is helpful to consume chicken or turkey for tryptophan assists indican test
2. Eliminate the use of salt as much as possible
3. Eliminate all nutritional supplements – unless required
4. Eliminate iodine and bile supplements as they may cause false positives in the indican bowl test
5. Eliminate coffee, tea, colas and alcoholic beverages. These are diuretics and will concentrate the sample too much. Alcohol may also cause false negatives on the indican test and false positives for the oxidata test.
6. Reduce laxatives and bulking agents i.e. fiber (interferes with indican test)
7. Reduce the use of beets and carrots as they may discolor the urine and make the readings more difficult.
8. Drink your normal intake of water

### Step 2- The Metabolic Urine Test

Provide your urine sample at Revivelif clinic. First-morning urine is most optimal  
The specific gravity of the sample should be between 1.015-1.020 for optimal results

## METABOLIC URINE TEST+ (MUT+)

The MUT+ requires the same steps as above for the urine sample and the zinc sufficiency test.

### Zinc Sufficiency Test

#### Step 1 - Patient Preparation

1. You must not eat, drink, or smoke less than one hour before the test. This test is performed at the clinic.

#### Step 2 - Zinc Sufficiency Test

2. Then take the equivalent of 10ml of the fluid and rinse your mouth for 10 seconds, after which you can either swallow or spit it out.

#### Results

- **No flavour or “like water”** = Zinc Deficiency
- **An unpleasant flavour may be described as either “dry”, “metallic”, or “sweet”** = No Zinc Deficiency

In cases with amalgam dental fillings in the mouth disposing of a fair amount of mercury, the zinc test may not be accurate. The zinc liquid might cause a nasty, metallic taste in the mouth in spite of the zinc deficiency in the body.

**Insurance & OHIP:** This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan, if applicable. Test results are available 1 week post testing. Please book your post-lab consult to review and integrate into your health plan. If you have any questions: 613-829-7100 or [info@revivelif.ca](mailto:info@revivelif.ca)