

Patient Guide – Metabolic Urine Test

The **Metabolic Urine Test (MUT)** is a simple, non-invasive screening that provides insight into your digestive system, adrenal glands, kidney, liver, pancreas, urinary tract, and heart health. It is recommended annually as part of preventive care, as it can detect subtle changes before they develop into disease. The enhanced **MUT+** also assesses free radicals, calcium status, heavy metals, vitamin C, and zinc levels, making it especially beneficial for individuals over 30 or those entering menopause or andropause. <https://revivelifeclinic.com/integrative-lab-testing/metabolic-urine-testing/>

Please read the following instructions carefully before collecting your sample.

Step 1 – Patient Preparation Before submitting your urine sample:

- Consume chicken or turkey to support the indican test.
- Minimize salt intake.
- Discontinue supplements unless medically required.
- Avoid iodine and bile supplements (may cause false positives).
- Eliminate coffee, tea, colas, and alcohol (diuretics and test interference).
- Reduce laxatives, bulking agents, beets, and carrots.
- Maintain normal water intake.

Step 2 – The Metabolic Urine Test

- Provide your urine sample at Revivelife Clinic.
- First-morning urine is optimal.
- Specific gravity should be **1.015–1.020** for best results.

Metabolic Urine Test+ (MUT+)

Includes all MUT steps plus the **Zinc Sufficiency Test**.

Zinc Sufficiency Test

- Do not eat, drink, or smoke for at least one hour before testing.
- At the clinic, rinse your mouth with 10 ml of zinc solution for 10 seconds, then swallow or spit.

Results:

- No flavour / “like water” → Zinc Deficiency
- Unpleasant flavour (dry, metallic, sweet) → No Zinc Deficiency
- Note: Amalgam fillings may interfere with accuracy.

Important Notes

- Results are typically available **1-2 weeks** after the lab receives your sample.
- Please schedule a follow-up appointment to review your results and integrate them into your care plan. [You may click here to book online.](#)

Insurance & OHIP

- This test is **not covered by OHIP**.
- Payment is required at the clinic. You may submit your receipt to your private or employment health plan for possible reimbursement.

Questions or Support

- Contact Revivelife Clinic
- Phone: 613-829-7100
- Email: info@revivelife.ca