



HOW TO DO THIS TEST AND PREPARE THE PACKAGE

Thank you for purchasing your RBTI Analysis Kit. The test involves completing a questionnaire and collecting one urine and one saliva sample:

The urine sample and saliva sample are taken at least two hours after any main meal that same day. These samples should ideally be posted on the day of collection. However, if posting the day after, please keep samples in fridge until able to post. Remember, Express Post must be posted by 5 pm to arrive the next day.

Please read these instructions carefully and follow them step by step for best test results. The whole procedure and completing the paperwork will only take about 10 minutes.

1. Do this test on Sunday, Monday, Tuesday or Wednesday (due to posting time).
2. Continue all prescribed medication, nutrients and supplements and keep eating as usual.
3. Decide after which main meal of the day you are going to collect the samples, e.g. breakfast, lunch or dinner.
4. Have that meal and then **do not eat anything at all for at least two hours!** Drinking your normal fluids is okay though, as long as you list them.
5. After 2 hours or more of your last meal:
 - Take out the standard urine collection container. Fill it **half** full with your midstream urine. Screw the lid on firmly. Check that the container seals properly. Print your name and time of collection on the label.
 - Take out the Saliva Tube. Print your name on the label. (If wearing lipstick, please wipe it off before collecting saliva sample.) Swish your mouth to collect saliva (not phlegm). Let saliva run down side of collection tube. Collect approx. **2 cm** in bottom of tube. Screw the lid on firmly.
6. Place both samples back into the provided white plastic container, onto the paper towels. Put the lid on firmly. Put the plastic container into the plastic bag and close it.
7. Complete the attached confidential questionnaire.
8. Write your return address on the Express Mail envelope and **remember to sign it!!**
9. Put the plastic bag with your **samples**, the **completed questionnaire** and **cheque** or money order in the Express Mail envelope and close it. Please note that your samples will not be processed without your accompanying balance payment.
10. Mail the package the same day, dropping it into an Express Post Mailbox (yellow) by 6 pm or into any Post Office before 5 pm.
11. Enjoy the rest of your day!

You can expect your analysis between 7 and 10 days of mailing your samples. A copy of your analysis will also be mailed to your referring practitioner unless you explicitly instruct us not to.

If you still have any questions or are unsure about how to do this test please call us on (03) 9885 7766 during office hours. Or email: drpete@liveto100.com.au

PLEASE COMPLETE THIS FORM AND RETURN WITH YOUR SAMPLES

IMPORTANT:

- ✓ **Fill out all information**
- ✓ **Include your payment of \$89.00 for an initial RBTI Analysis or \$59.00 for any Retest (within 6 months). Samples will not be processed without balance payment. (An additional fee of \$20.00 is applicable when we post you the kit.)**
- ✓ **Make cheque or Money Order payable to Dr Peter Holsman**
- ✓ **Credit card number: _____ Expiry date: __/__**

NAME: _____

MAILING ADDRESS: _____

_____ P/C _____ PHONE _____

DATE OF BIRTH: _____ HEIGHT _____ WEIGHT _____

SEX: FEMALE MALE (Please circle as applies)

E-MAIL: _____

Do you want us to send your test results by e-mail rather than regular post? YES NO

Please list what you ate and drank the night before this Urine-Saliva Test:

Please list what was in the meal that you had two hours before you collected the Urine and Saliva sample:

Please list all the Medications you are taking:

Please list all the Nutrients and Supplements you are taking and took before the sample collection:

For Females: Are you currently menstruating? YES NO

Please tell us anything you feel is important for us to know concerning you, your health or other:

THANK YOU FOR YOUR CO-OPERATION!