



Two Kits in Seven Days*

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6/13/2021
two-kits.pub

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
No fish or minerals for 7 days	No fish or minerals					
	No cycle.	No cycle.				No cycle.
	Halide Kit					Toxic & Essential Elements (TEE) Kits
	First am urine -> Sample 1	First am urine completes 24 hour collection				First am urine -> Sample 1
	Take iodoral with 2 glasses of water	Sample of 24 hour collection > Sample 2				Take DMSA with 2 glasses of water
	Begin 24 hour collection with 2nd urine and all subsequent for 24 hours	Mail Halide Kit				Begin 6 hour collection with 2nd urine and all subsequent for 6 hours
						Sample of 6 hour collection > Kit 2

* Notes

- TEE also called “Heavy Metals and Elements”
- Both kits have two samples: pre- and post-provocation
- Halide has one kit, TEE has two kits
- CAN'T mail kits on Sat, Sun or Holidays
- CAN do TEE kit on Thursday, mail on Th or Fri
- Call office or hotline (610-239-9901 option 1) with questions
- More info: cohlife.org /[halide](#) /[heavy-metals](#) /[elements](#)

Mail Toxic and Essential Mineral Kits