

Prep for Organic Acid Testing (urine sample collection)

Stop eating these foods:

Certain compounds can increase some of the key biomarkers and *give false positives* so proper nutritional avoidance is before your test sample is collected is very important for accurate results.

For 48 hours before you collect the urine sample, you should avoid:

- Easiest to just not eat any fruit, dried or fresh or juiced

Specifically avoid these:

- Apples
- Grapes
- Raisins
- Pears
- Cranberries
- All fruit juices
- All energy drinks
- Sodas

At least 12 hours before collecting the sample also avoid:

- Reishi & Shitake mushrooms (easiest to avoid eating any mushrooms)
- Fiber supplements
- Arabinogalactan (used to lower cholesterol, fiber additive in foods and drinks-read labels)
- Echinacea
- Ribose supplements

For more detailed information here is a great web resource,
<https://drjockers.com/organic-acids-test-functional-health/>