



Klinghardt Academy of Neurobiology

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24-hr urine test for KPU (Vitamin Diagnostics)

Use cleaned large orange or milk juice-carton for collection Add 500 mg of ascorbic acid per liter of urine to stabilize pyrrols. Wrap aluminum foil around collection-container to prevent light induced pyrrol breakdown. Fill the transport tube provided by Vitamin Diagnostics, and wrap aluminum foil around the transport tube.

Preparation for the test:

- Do not take vitamins (especially B's and minerals) 5 days prior to the test.
- Exposure to normal daily stresses is needed (no stress-avoidance or rest)

Order the test kit from:

Vitamin Diagnostics
2 Industrial Dr # A
Keyport, NJ 07735
(732) 583-7774

IMPORTANT: The kit from Vitamin Diagnostics will come with different instructions. Please follow the instructions above, and not the instructions that come with the kit.