



## How should I prepare for my Vibrant lab test?

Vibrant America and Vibrant Wellness are providing the following information for educational purposes only. Please refer specific questions about preparation for any laboratory testing to your ordering healthcare provider. The guidance below may conflict with what your ordering healthcare provider prefers. Before making any changes to diet, medication, dietary supplements, or lifestyle, check with your healthcare provider to ensure it is appropriate for you.

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**Test Name**

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CardiaX	There is no special preparation before you have your blood drawn for genetic testing.
Components (Egg, Milk, Peanut)	The Vibrant Component Allergy panels test for IgE antibodies to allergens and thus do not require fasting. It is also not necessary to change your diet in any way prior to testing; in fact, we recommend eating your normal diet prior to testing. Antihistamines do not reduce antibody production and will not affect the lab results. Immunotherapy (allergy injections) are known allergy treatment that reduce IgE antibody production. Corticosteroids will initially dramatically increase IgE antibody production; approximately 3-weeks after discontinuation of corticosteroids, IgE antibody production will significantly decrease. Please consult with your ordering provider if you are getting immunotherapy (allergy injections) or using corticosteroids.
Environmental Toxins	Fasting is not required for the Environmental Toxins test. However, fasting for 12 hours may increase the amount of toxins excreted in urine, so consult with your ordering provider about whether they recommend you fast for 12 hours before the test. There are no diet, dietary supplement, or medication restrictions prior to testing. Some Vibrant America ordering providers may prefer you do a "provoked" Environmental Toxins test which requires taking a "provoking agent" (such as NAC, glutathione, DMSA, or EDTA) prior to testing to promote the release of body stores of toxins so that the toxins are "mobilized" (moved through the body) and excreted (released) in urine. Vibrant America does not require a provoked test, nor does Vibrant America recommend a specific provoking agent, dose, or timing of provocation before testing. Discuss with your ordering provider whether they recommend a provoked or unprovoked test, and which provoking agent, dose, and timing of provocation and urine collection they recommend for you. Please note that unprovoked test results cannot predict provoked test results as the absorption, distribution, metabolism, and excretion (release) of toxins in urine is highly variable in different people and is influenced by physical, dietary, and environmental factors. Overall, the majority of Vibrant America ordering providers order unprovoked testing. For best test performance, collect the first morning urine upon awakening, prior to eating or drinking. If you awaken overnight to urinate do not collect urine.

## Food Additives

Fasting is not required for the Food Additives test, and there are no diet or dietary supplement restrictions required before testing. Vibrant Wellness does not recommend an "additive challenge" if you are already aware that you have adverse symptoms to a food additive. However, if the food additive has been removed for a significant amount of time (which is highly variable among individuals), it may affect the results. People on "whole foods" diets, consuming whole and/or minimally processed foods and "natural" foods may still get exposure to additives (such as "natural" dyes and "natural" sweeteners like monk fruit or stevia), and they may also be exposed to these additives in their personal hair, skin, body, and dental care products. . If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels to food additives. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before the Food Additives test. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Food Sensitivity

Fasting is not required for the Food Sensitivity Complete + Food Additives tests, and there are no diet or dietary supplement restrictions required before testing. Vibrant Wellness does not recommend a "food or additive challenge" if you are already aware that you have adverse symptoms to a food or additive. However, if the food or additive has been removed for a significant amount of time (which is highly variable among individuals), it may affect the results. People on "whole foods" diets, consuming whole and/or minimally processed foods and "natural" foods may still get exposure to additives (such as "natural" dyes and "natural" sweeteners like monk fruit or stevia), and they may also be exposed to these additives in their personal hair, skin, body, and dental care products. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels to foods and additives. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before the Food Sensitivity Complete + Food Additives tests. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Food Zoomers (Corn, Dairy, Egg, Grain, Lectin, Mammalian Milk, Nut, Peanut, Seafood, Soy, Wheat)

Fasting is not required for the Food Zoomers, and there are no dietary supplement restrictions before testing. Vibrant Wellness does not recommend a “food challenge” if you are already aware that you have adverse symptoms to a food. However, if the food has been removed for a significant amount of time (which is highly variable among individuals), it may affect the results. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels to foods. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before Food Zoomer tests. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Fungal Antibodies

Fasting is not required for the Fungal Antibody test. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels to fungi. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before the Fungal Antibodies test. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Gut Zoomer

For the Gut Zoomer, fasting is not required, however there are a number of pre-test conditions which should be considered before testing, including: wait 14 days after colonoscopy to test, wait 14-30 days after antibiotics or herbal antimicrobials use, wait 2-3 days after rectal suppository use (which may alter stool density and many markers ), wait 2 days after aspirin and anti-inflammatory use (for accurate calprotectin results), wait 5-14 days after proton pump inhibitor medication use (for accurate H-pylori and digestion/absorption markers results), wait 2-3 days after over-the-counter antacid use (for accurate digestion/absorption markers results), and wait 2-3 days after use of bentonite clay, betaine HCL, and digestive enzymes use (for accurate digestion/absorption markers results). Laxatives can have a highly variable effect on digestion/absorption markers based on the dose of the laxative and frequency of use. Consult with your ordering provider about whether to continue or discontinue laxatives before Gut Zoomer testing. Probiotics can be taken before the Gut Zoomer and will be measured and reported in the Probiotic Organisms sections of the Gut Zoomer test. Ask your provider whether to continue or discontinue probiotics before the test. Three options are common when considering Gut Zoomer test and probiotic use: 1) Discontinue 14 days before the test, 2) Discontinue 30 days before the test, or 3) Take probiotics for 30 days to assess if the probiotic organism is "colonizing" the gut (colonizing means the bacteria have "found a new home" and are living in the gut). You can download a full list of pre-test conditions for the Gut Zoomer here: <https://www.dropbox.com/s/tpvu6e2haou9a8g/MC-0084-00%20Gut%20Zoomer%203.0%20Pre-test%20Conditions.pdf?dl=0>

## Heavy Metals

Fasting is not required for the Heavy Metals test. However, fasting for 12 hours may increase the amount of metals excreted in urine, so consult with your ordering provider about whether they recommend you fast for 12 hours before the test. Avoid foods high in iodine (seafood, dairy, seaweed) and selenium (Brazil nuts) as they have strong binding affinity for heavy metals (they act like "heavy metal magnets"). Consuming these foods prior to the Heavy Metals test may cause falsely lowered results. Some Vibrant America ordering providers may prefer you do a "provoked" Heavy Metal test which requires taking a "provoking agent" (such as NAC, glutathione, DMSA, or EDTA) prior to testing to promote the release of body stores of metals so that the metals are "mobilized" (moved through the body) and excreted (released) in urine. Vibrant America does not require a provoked test, nor does Vibrant America recommend a specific provoking agent, dose, or timing of provocation before testing. Discuss with your ordering provider whether they recommend a provoked or unprovoked test, and which provoking agent, dose, and timing of provocation and urine collection they recommend for you. Please note that unprovoked test results cannot predict provoked test results as the absorption, distribution, metabolism, and excretion (release) of heavy metals in urine is highly variable in different people and is influenced by a number of physical, dietary, and environmental factors. Overall, the majority of Vibrant America ordering providers order unprovoked testing. For best test performance, collect the first morning urine upon awakening, prior to eating or drinking.

## IBSSure

Fasting is not required for the IBSSure test, and there are no diet or dietary supplement restrictions required before testing. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing IBSSure specific antibody levels to vinculin and CdtB. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before the IBSSure test. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Infections

Fasting is not required for the Infections test, and there are no diet or dietary supplement restrictions required before testing. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels to viral and bacterial antigens. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications, or whether to test Total Immunoglobulins before the Infections test. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Micronutrients

To prepare for the Micronutrient test, fasting is not required, however serum amino acid results may reflect any dietary protein/amino acids consumed in the 8 hours before the test. The Micronutrient test also measures white blood cell amino acids for many (but not all) of the amino acids on the Micronutrient test. Fasting or not fasting will have no effect on white blood cell amino acid results because the white blood cells reflect longer-term micronutrient status. There are no dietary supplement restrictions required before Micronutrient testing. However, some ordering providers may recommend you discontinue dietary supplements 7-14 days before testing to assess your "baseline" (normal) micronutrient levels. Some ordering providers may prefer to test your micronutrient levels while you are taking dietary supplements to assess how well the dietary supplement is absorbed. Consult with your ordering provider regarding whether they recommend that you fast for 8 hours (no food or beverage except water) or continue or discontinue any dietary supplements or medications before your Micronutrient test.



### Dried Blood Spot Micronutrients (Whole Blood Nutrient Profile)

To prepare for the Whole Blood Nutrient Profile, fasting is recommended (no food or beverages other than water for 8 hours before testing), but not required. Fasting less than 8 hours may result in higher amino acids as non-fasting specimens will reflect recently consumed dietary protein/amino acid intake. There are no medication or dietary supplement restrictions required before testing. However, some ordering providers may recommend you discontinue dietary supplements 7-14 days before testing to assess your "baseline" (normal) unsupplemented micronutrient levels. Some ordering providers may prefer to test your micronutrient levels while you are taking dietary supplements to assess how well the dietary supplement is absorbed. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your Micronutrient test.

### Mycotoxins

Fasting is not required for the Mycotoxins test. However, fasting for 12 hours may increase the amount of mycotoxins excreted in urine, so consult with your ordering provider about whether they recommend you fast for 12 hours before the test. Some Vibrant America ordering providers may prefer you do a "provoked" Mycotoxin test which requires taking a "provoking agent" (such as NAC, glutathione, DMSA, or EDTA) prior to testing to promote the release of body stores of mycotoxins so that the mycotoxins are "mobilized" (moved through the body) and excreted (released) in urine. Vibrant America does not require a provoked test, nor does Vibrant America recommend a specific provoking agent, dose, or timing of provocation before testing. Discuss with your ordering provider whether they recommend a provoked or unprovoked test, and which provoking agent, dose, and timing of provocation and urine collection they recommend for you. Please note that unprovoked test results cannot predict provoked test results as the absorption, distribution, metabolism, and excretion (release) of mycotoxins in urine is highly variable in different people and is influenced by a number of physical, dietary, and environmental factors. Overall, the majority of Vibrant America ordering providers order unprovoked testing. For best test performance, collect the first morning urine upon awakening, prior to eating or drinking.

## Neural Zoomer / Neural Zoomer Plus

Fasting is not required for the Neural Zoomer Plus test, and there are no diet or dietary supplement restrictions required before testing. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels to neural antigens and viral and bacterial antigens tested in the Neural Zoomer Plus. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before the Neural Zoomer Plus test. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Neurotransmitters

Fasting is not required for the Neurotransmitter test, however bananas, nuts, pineapple, alcohol, protein powders and protein shakes must be avoided for 48-hours prior to collection. Men, children and non-menstruating women may collect urine any day of the month. Menstruating women should collect samples according to the following schedule: Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period). Irregular Cycles: Collect 5 days before your period begins. Unpredictable Cycles: Collect any day when not bleeding. Avoid anti-aging toiletries 3-days prior to collection to avoid exposure to undisclosed hormones.

## Organic Acids

To prepare for the Organic Acids test, avoid apples, grapes, pears, and cranberries as well as their juices or products, and mushrooms and ribose supplements for 48 hours before urine collection. Fasting is not required. For best test performance, collect the first morning urine upon awakening. Do not collect any urine if you awaken and urinate overnight. Do not drink more than 8oz water 1 hour before urine collection as the urine sample may be rejected if the urine is too dilute. Consult with your ordering provider regarding whether to continue or discontinue any other dietary supplements or medications before your test.

## Salivary Hormones

To prepare for the Salivary Hormones test, men, children and non-menstruating women may collect any day of the month. Menstruating women should collect samples according to the following schedule: Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period). Irregular Cycles: Collect 5 days before your period begins. Unpredictable Cycles: Collect any day when not bleeding. Do not brush your teeth, eat or drink (except water) for 2-3 hours prior to collection in order to avoid contamination of the specimen and ensure accurate cortisol measurements. Talk to your healthcare provider about steroid use and appropriate timing. If you miss a collection timing, collect at the same time the next day and label appropriately.

## Tickborne Diseases

Fasting is not required for the Tickborne Diseases- Lyme and TBRF, Co-infections, or Opportunistic Infections tests, and there are no diet or dietary supplement restrictions before testing. If you are taking steroids, immunosuppressive medications, biologic agents, or other immunomodulating medications, you may not get an accurate result of your antibody levels on the Tickborne test. If you are taking any of these medications, you may get falsely lower or falsely higher antibody results. For this reason, to ensure the most accurate results, your ordering provider may recommend testing 14-30 days after discontinuing these medications, or they may recommend testing Total Immunoglobulins (Total IgE, Total IgM, Total IgA, and Total IgG) before testing specific antibody levels for Tickborne diseases. Consult with your ordering provider regarding whether to continue or discontinue any dietary supplements or medications before your test, or whether to test Total Immunoglobulins before the Tickborne Diseases- Lyme and TBRF test. Lists of immunosuppressive medications and biologic agents can be found at <https://www.drugs.com/drug-class/immunosuppressive-agents.html> and [https://www.medicinenet.com/biologics\\_biologic\\_drug\\_class/article.htm](https://www.medicinenet.com/biologics_biologic_drug_class/article.htm)

## Urinary Hormone Metabolites

To prepare for the Urinary Hormone Metabolites test, men, children and non-menstruating women may collect any day of the month. Menstruating women should collect samples according to the following schedule: Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period). Irregular Cycles: Collect 5 days before your period begins. Unpredictable Cycles: Collect any day when not bleeding. Other hormone therapies: Test halfway between therapies with patches, vaginal rings, pellets or injectables. Avoid using hormones vaginally up to 72-hours prior to collection. Talk to your healthcare provider about steroid use and appropriate timing. If you miss a collection timing, collect at the same time the next day and label appropriately. Fast for 2-3 hours prior to each collection to ensure accurate cortisol measurements.