

## Urinary Metabolic Profile Frequently Asked Questions

### 1. What are the strengths of our UMP test?

- This test allows you to test 36 key organic acids from the 5 major systems that play an important role in your metabolism
- The collection of urine sample is easy and convenient, with a higher stability than liquid sample
- It is a precise technology from USA
- An interpretative guide is provide along with the report

### 2. Who should do this test?

- Anyone who would like to fine tune their body for a better function and performance
- Anyone who are sensitive to chemicals and concern about oxidative stress
- Women who prepare for pregnancy

### 3. Why use urine as the testing sample?

You can find organic acids test using blood or urine in the market. Yet in general, it is better to use urine than blood in organic acids test for a more effective and clearer result, because many organic acids (and the metabolites) occur in detectable amounts only in urine. Solely testing one organic acid marker already need a substantial amount of blood; to screen 36 organic acid markers altogether might require a much larger amount of blood. Hence, testing urine for organic acids is a better option. Moreover, the first morning specimen contains a higher level of analytes, and midstream specimen can avoid the incidence of cellular and microbial contamination, that is the reason why we request the next day morning midstream urine specimen as the sampling urine specimen.

### 4. Could we know more about the specificity and accuracy of the test ?

Our test undergoes stringent biochemical process detect metabolic intermediates in your urine, which interprets your body's efficiency. Our test gives you the assurance of quality and reliability as all tests are completed under US BioTek Laboratories' facilities. Our laboratory is an independent clinical laboratory approved by CLIA (US Clinical Laboratory Improvement Amendments) accredited by COLA (US Commission on Office Laboratory Accreditation). The laboratory is also licensed by the State of Washington for performing testing worldwide.



## 5. How can I ensure the urine collected in the strips will not be contaminated during transit?

You should follow the instruction and place the sampled strip into the kit as provided, seal it tightly and keep it at room temperature. In addition, our revolutionary Air-dried strips produces more accurate test results. Comparison studies conducted between urine sample collected using Air-dried strips and those in liquid form showed higher stability.

## 6. What is the difference between UMP and EPP test?

Although both tests are using urine as the specimen, the analytes are not completely the same. EPP analyzes harmful chemicals to find out if the metabolic cycle is affected by the environmental pollutant accumulated in the body. UMP analyzes the metabolic pathways function by looking at the organic acids markers. In short, EPP tests chemical toxins in the body, and UMP tests the efficiency of metabolic pathways. You can perform two tests together to have a whole picture of hidden stressors affecting metabolic pathways.

## 7. Do I need a doctor's prescription to have the UMP test done?

Any individual can order any tests as his or her health information but not for diagnosis. A doctor's prescription is not required.

## 8. What should I avoid before sampling?

You need to avoid the following foods & products for 48 hours prior to urine collection:

Medications: Antidepressant and Parkinson's drugs.

Beverages: Alcoholic beverages, Tea, Coffee.

Seeds/ Nuts: Walnut, Pecans.

Vegetables/ Fruits/ Juices: Avocado, Tomato, Banana, Grapes/ Raisins, Kiwi, Pineapple, Plantain, Plums/ Prunes.

Other: Aged and Processed Cheeses, Jello-O, Vanilla Extract, Ketchup, Foods contain Benzoic Acids (benzoate) and Sorbic Acid (Sorbate) preservatives, such as canned foods, flavored drinks, baked goods, processed cheese slices and spreads, salad dressings, and mayonnaise.

## 9. Will it affect the result if I had taken aspirin or some other over-the-counter drug?

Theoretically, it will not affect the result if you took these medications beyond 48 hours prior to urine sampling. Even if you have taken these medications within 48 hours, the report will point out the abnormal marker that could possibly be interfered by drugs. Your health consultant will mention the possible drug interference when going through the test result with you.

## **10. I have followed your instruction to collect my urine, how come it is rejected from being analyzed?**

Normally, the urine sample will rehydrate when it delivered to the laboratories. And then laboratories will analyze the Creatinine concentration in the urine eluted from the strip. When the concentration is lower than 0.5 mg/ml, it is unable to analyze other organic acid from that urine sample. So we will ask you to do the sampling again, and avoid excess fluid after evening meal. Urine sample collected using Dip N'Dry collection strips and those in liquid form showed higher stability.

## **11. Can I collect my urine sample if I am in menstruation?**

Please avoid sample collection during menstruation. Menstruation itself does not affect the test result but the blood traces in urine will contaminate the specimen quality.

## **12. Can my kids carry out this test?**

Yes, this UMP test is suitable for adults and children above 2 years of age. And the report reference range will change accordingly due to different gender and age.

## **13. Can this test tell me something about nutrient status, like if I have vitamin B12 deficiency?**

The Urinary Metabolic Profile can screen 36 types of metabolic marker. While levels of the organic acid markers are found too high or low, it reflects the body might be lacking lacks of certain nutrients. For example, when Methylmalonate is too high or low in urine, it indicates the body needs vitamin B12. After knowing all 36 organic acid's concentrations through the comprehensive urinary metabolic profile, we get a whole picture of what we are lacking of. So this test is able to tell if a person is insufficient of particular nutrients.

## **14. What information will the UMP report provide?**

The report will clearly show, in bar chart, your organic acid markers levels towards the 8 pathways of metabolic. You will also receive a comprehensive LabAssist™ Report, which includes details about organic acids, a customized detoxification protocol and nutritional support program to optimize your chances of achieving balance and optimal health. You can consult your health consultant for the source of getting the suggested health supplements.

## **15. Do I need doctor's prescription to buy the suggested supplement?**

You can buy the entire supplement over the counter from some personal care stores, health supplement specialty store or some wellness centres. Some nutrients are also abundant in foods too.

## 16. My report suggests me to take certain amount of supplements regularly, is the portion listed on report safe?

LabAssist™ Report provide customized detoxification, it also lists the supplementation suggested. In general, follow the suggested dose is not harmful to the body. Please consult your healthcare professional first if you want to change the dose of supplementation and the diet.

**Source and lab test service provider: HK Biotek**

### Enquiry

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