



OAT
ORGANIC ACIDS TEST

Test Details

Sample Type: Urine

Collection Location: At Home



The Organic Acids Test (OAT) provides a comprehensive nutritional and metabolic snapshot of an individual's overall health.

Key Details

- Do not collect your sample while menstruating.
- You will collect your sample upon waking.
- Freeze your sample before shipping.
- Your sample may only be shipped Monday through Thursday.

Before you Start







Scan QR code located inside your test kit or visit MosaicDX.com/register to register your test, so we know it belongs to you.

Scan QR code for
step-by-step instructions



Collection Preparation

- If you are taking antibiotics, finish the course of medication and wait 48 hours before collecting your sample.
- **The day of collection**
 - You will collect your sample upon waking.
 - DO NOT eat or drink prior to collecting your sample.
- Avoid the following foods and supplements for 48 hours prior to collection:

 Apples, apple juice and products	 Cranberries, cranberry juice and products
 Grapes, grape juice and products (including raisins)	 Reishi Mushrooms or Echinacea
 Pears, pear juice and products	 Arabinogalactan or Ribose Supplements

Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com



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Visit [MosaicDX.com](https://www.mosaicdx.com) for more resources

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