

Functional Medicine Sample Requirements

- 1. Consume a serving of protein and a serving of carbohydrate two hours before your test. Water up to 1 hour before.**
- 2. Do not consume anything by mouth 1 hour before your test including water.**
- 3. Do not brush your teeth up to 3 hours before your test.**
- 4. No lipstick or makeup day of test.**
- 5. No coffee, caffeinated beverages, soda or alcohol the day of test.**
- 6. No chewing gum**
- 7. No supplements or medications until after samples are collected.**

NON-acceptable forms of protein:

- **Processed meat or proteins**
- **Lunch meat**

ACCEPTABLE forms of protein:

- **Nuts or seeds**
- **Unprocessed meat**
- **Legumes (tofu, beans etc.)**

NON-acceptable forms of carbohydrates:

- **Cookies**
- **Candy**
- **Refined/Processed sugars and breads**

ACCEPTABLE forms of Carbohydrates:

- **Vegetable**
- **Fruit**
- **Whole Grain/Oat items**
- **Rice**