

I. Blood Test Instructions:

1. Call 1-800-908-0000
2. Request a comprehensive wellness test.
3. Give the operator your credit card number. You will be charged \$89.
4. Request that they e-mail or fax you a requisition for the test.
5. Give them your zip code and ask for the lab closest to you.
6. In Marin there is a lab at 1321 S. Eliseo in Greenbrae. Their phone is 415-464-9531.
7. In Berkeley there is a lab at 2500 Milvia, suite 230 between Blake and Dwight. Their phone is 510-549-0164.
8. My account code is RETT.
9. The comprehensive wellness test consists of:
 - a. SMA 24
 - b. CBC with differential
 - c. Lipid panel
 - d. T3, T4 and TSH

II. ASI (ADRENAL STRESS INDEX) Saliva Test Instructions:

1. Take no supplements for 3 days.
2. Eat no food after midnight
3. Don't eat any chocolate, onions, garlic, cabbage, cauliflower or broccoli on the day of collection.
4. Don't drink any coffee, tea or caffeinated drinks on the day of collection.
5. Ship via UPS guaranteed delivery 2 days.
6. Refrigerate all samples until ready to ship.
7. It's most convenient to do the test on a Sunday. If you can't do it on a Sunday, finish no later than Tuesday night.
8. Allow 5-7 days for results.