

Metabolic Testing Prep Sheet

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.
8. No Lotions anywhere on body.

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 and Rice