

PATIENT INSTRUCTION: PLASMA OR 24 HR URINARY FOR SEROTONIN & 24 HOUR URINARY 5HIAA (U5HIAA 24)

**NOTE: Please see table below to avoid these foods 1 day prior to test collection and during the test collection,
Please have a list of all medication including over counter of vitamin or minerals**

INSTRUCTION AND TEST INFORMATION

FRUIT	VEGETABLES	DAIRY	MEAT
Pineapple	Avocado	Yoghurt	Gravy
Dried fruits	Broad Beans	Cheese	Seafood including tin product
Citrus fruits	Broccoli	Flavored Milk	Process meats
Jams	Brussel Sprouts	Smoothies	CONDIMENTS
Bananas	Cauliflower	COCOA	Sauerkraut
Tropical fruit	Eggplant	Chocolate	Mayonnaise
NUTS / SEEDS	Tomatoes	Cocoa	Vinegar
All nuts and seeds this	OTHER	Milo	Sauerkraut
Peanut butter and Tahini	Alcohol	FERMENTED PRODUCT	Mayonnaise
		Soy Sauce	
		Vegemite	