

# How To Send Additional Substances Onconomics Extracts & Onconomics Plus

In addition to the 50 natural substances automatically tested in the Onconomics Extracts and Onconomics Plus panels, 5 additional substances may be selected and tested at no additional charge. If you choose to have more than 5 additional substances tested, you will be charged 50 Euros for each additional substance beyond the initial 5.

You can select additional substances to test from the RGCC "Additional Substances" list. These substances are kept at the lab and may be chosen for testing without sending in a sample.

If you would like to test a substance not on the list, you **MUST** submit a sample that will be sent to the lab along with your blood draw.



If you are submitting samples, please follow these simple steps over the page.



# RGCC Testing

## How To Send Additional Substances Onconomics Extracts & Onconomics Plus



### STEP 1

Make sure the substances you are sending have not expired. Substances lose potency over time. Testing expired samples may not elicit an accurate result.

**PRO TIP:** For highest potency, send samples from a newly opened box or bottle.

### STEP 2

The lab only needs a small quantity of the substance for testing.

**PRO TIP:** Save money. Supplements can be expensive. Sending a large quantity that won't be used is wasteful. Send the amount needed for testing and keep the rest for personal use.

Place samples in small, sealable, packaging no larger than 1 oz.

### STEP 3

When sending liquids, place the substance in  $\frac{1}{4}$  to 1 oz. bottle or small vial with a screw top. DO NOT send samples in bottles greater than 1 oz.

**PRO TIP:** Most craft stores have small size, empty bottles for sale in the jewelry section.

### STEP 4

When sending capsules or tablets, place 2-4 in  $\frac{1}{4}$  to 1 oz bottle or a small zip lock bag. On occasion supplements come in pre-portioned packets. If this is the case, simply send 1 unopened packet, even if it contains more than 2-4 tablets or capsules.

**PRO TIP:** Mini sized zip lock bags can often be found in the craft section of stores, or small snack sized zip lock bags can be found in the food storage section.

### STEP 5

When sending powder, place the approximate equivalent of 2-4 capsules or tablets in  $\frac{1}{4}$  to 1 oz bottle or a small zip lock bag.

**PRO TIP:** Let's get cooking. An easy way to approximate the proper amount to send, just get out your measuring spoons. 1 teaspoon is all you need.

### STEP 6

Make sure to clearly label each sample with the name of the substance so it can be matched to what is written on your test order form. If available, you can also list the active ingredient concentration (mg or ml) and expiration date.

**PRO TIP:** Quick and easy ways to label your samples - Write on the bottle/bag with a permanent marker. Type or write on a small piece of paper and tape it to the bottle/bag. Or use a label maker if you have one.

### STEP 7

Place all samples in a larger zip lock back to protect the contents of the kit in the event any sample leak during transport.

**PRO TIP:** Just grab a zip lock bag from your kitchen drawer or cupboard. Any size zip lock bag will do.

### STEP 8

Bring your packaged and labeled samples to your appointment so they can be placed in the kit and sent to the lab with your blood sample.

**PRO TIP:** Bring a list of the product brand, product name, active ingredient, and potency of the additional substances to be tested. This will make it easy for the office staff to add them to your order form.