

Plasma Serotonin 24 Hour Urinary Serotonin 24 Hour Urinary 5HIAA (U5HIAA 24)

Diet

At least one day prior to and whilst collecting the specimen.

DO NOT EAT OR DRINK any of the following:

FRUIT	VEGETABLES	NUTS / SEEDS
Juices of listed fruit: Pineapple	Avocado	All (Including peanut butter and tahini)
Citrus fruits	Broad Beans	
Dried fruits	Broccoli	COCOA
Jams	Brussel Sprouts	Chocolate
Bananas	Cauliflower	Cocoa
Tropical fruits (Including Plums)	Eggplant	Milo
	Tomatoes	
DAIRY	CONDIMENTS	MEATS
Cheese	Mayonnaise	Gravy
Flavoured Milk	Pickles	Processed Meats
Smoothies	Sauerkraut	Seafood (Including canned)
Yoghurt	Vinegar	
FERMENTED FOODS	OTHER	
Soy Sauce	Alcohol	
Vegemite	Walnuts	

Drugs

Please list all medication (even over the counter preparations) currently being taken.