

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

Drugs:

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