

Instructions Sheet for 24hr Urine Serotonin

This following diet is for the 24hr Urine Serotonin and must be followed for 24hrs prior to, and also during the course of urine collection.

Avoid the following:	
<i>Fruit</i>	bananas, pineapple, citrus fruits, guava, mango, passionfruit, dried fruits.
<i>Vegies</i>	tomatoes, broad beans, mushrooms, avocado, spinach, broccoli, brussel sprouts, cauliflower, eggplant, pickled vegies and sauerkraut
<i>Nuts & Seeds</i>	all, including peanut butter and tahini
<i>Dairy</i>	all cheese /cheese spreads, flavoured yoghurt, flavoured milk, fruit smoothies.
<i>Seafood</i>	all including canned, dried and salted fish and seafood
<i>Coco</i>	includes chocolates and milo/ovaltine etc
<i>Processed meats</i>	incudes devon, salami, sausages, ham, chicken/turkey loaf
<i>Chutneys</i>	malted or coloured vinegar, mayonnaise, tartare sauce
<i>Fermented Foods</i>	marmite, vegemite, fish paste, fish sauce, soy sauce, gravy, all wine/beer (fermented beverages)