

Functional Medicine Sample Requirements

1. Consume a serving of protein and a serving of carbohydrate 2 hours before your test. Water up to 1 hour before.
2. Do not consume anything by mouth 1 hour before your test including water.
3. Do not brush your teeth up to 3 hours before your test.
4. No lipstick or makeup day of test.
5. No coffee, caffeinated beverages, soda or alcohol the day of test.
6. No chewing gum

NON-acceptable forms of protein:

- Processed meat or proteins
- Lunch meat

ACCEPTABLE forms of protein:

- Nuts or seeds
- Unprocessed meat
- Legumes (tofu, beans etc.)

NON-acceptable forms of carbohydrates:

- Cookies
- Candy
- Refined/Processed sugars and breads

ACCEPTABLE forms of Carbohydrates:

- Vegetable
- Fruit
- Whole Grain/Oat items
- Rice