

**Natural Health and Wellness Consultant  
Urine Analysis Form**

<b>Client Name</b>	<b>Date</b>	<b>Time</b>	<b>Initials</b>
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**Prescreening**

<b>Color</b>		straw-amber	<b>Clarity</b>		<b>Odor</b>		odorless
		black				ammonia	
		brown				light	
		colorless				clear	medicinal
		milky				low turbidity	offensive
		orange				high turbidity	sweet
		red				mucous	
		yellow					

**35 Second Readings**

<b>Glucose mg/dL</b>		negative	<b>Bilirubin</b>		<b>Notes:</b>	
		100				negative
		250				small (+1)
		500				moderate (+2)
		1000				high (+3)
		2000				

**40 – 45 Second Readings**

<b>Ketones</b>		negative	<b>Specific Gravity</b>		1.015	<b>Notes:</b>	
		trace (5)			Low		
		small (15)			1.005		1.010
		moderate (40)					
		high (80)			High		
		very High (160)			1.020		1.030

**60Second Readings**

<b>Blood</b>		Negative	<b>pH</b>		5.0	<b>Protein mg/dL</b>		negative
		Hemolyzed			6.0		trace	
				moderate	6.5		30 (+1)	
				high	7.0		100 (+2)	
				trace	7.5		300 (+3)	
		Non-hemolyzed			8.0		over 2000 (+4)	
				moderate	8.5			
				high				

<b>Urobilinogen mg/dL</b>		0.2 -1	<b>Nitrate</b>		<b>Notes:</b>	
		2				negative
		4				positive
		8				

**2 Minute Reading**

	<b>Leukocytes</b>		Negative	
			Positive	

Notes

## Mutlistix 10 SG Urine Analysis Interpretations

<b>Color</b>	
<b>Straw to amber</b>	<b>Normal</b>
Colorless	Alcohol ingestion Chronic kidney inflammation Large volume of water recently taken Possible diabetes Severe iron deficiency
Orange	Bile Carrots/ Carrot juice Concentrated urine from dehydration Drugs Fever Food dyes Laxatives
Milky	Bacterial infection UTI Vaginitis
Brown	Acute hepatitis or cirrhosis Bilirubin Blood Urobilinen
Yellow	Concentration of supplements Dehydration
Red	Beets or berries Blood from infection Lesion Menses
Black	Liver disease Kidney infection Problems breaking down amino acid (tyrosine)
<b>Transparency</b>	
<b>Clear</b>	<b>Normal</b>
Low Turbidity Unclear w/ small debris	Low infection Poor diet
High Turbidity Unclear w/ heavy debris	Stronger infection UTI Vaginitis,
Mucous	Discharge due to infection of UTI Vaginal tracts.

<b>Odor</b>	
Low odor	Normal
Sweet	Diabetes Liver blockage Presence of sugars
Ammonia	Bacterial growth Loss of alkaline buffers
Offensive	Possible inflammation Toxicity
<b>Glucose</b> (measures the sugar content of the urine)	
Positive	Check for diabetic tendencies Indicates glucose spill in urine Kidney disease
<b>Bilirubin</b> (product of red blood cell breakdown and is normally eliminated in the bile)	
Positive	Congestive heart failure Jaundice Liver inflammation or malfunction Phase II liver stress Red blood cells weak due to poor absorption
<b>Ketone</b> (fats turn to sugar)	
Positive	Alcohol use Body unable to use carbohydrates Dehydration Diabetic acidosis High protein diet or fasting Kidney disease Kidneys can't eliminate ketones efficiently Switches to using fats for energy
<b>Specific Gravity</b> (weight if urine caused by minerals content)	
1.015	Healthy specific Gravity
Above 1.015	High intake of water Kidney stress. Minerals
Below 1.015	Dehydration Diabetes Kidney damage Over active adrenal glands (i.e. stress) Too much salt,
<b>Blood</b>	
Hemolyzed (split red blood cells)	Allergies Possible liver disease
Non-hemolyzed (unsplit red blood cells)	Kidney infection or inflammation Hypertension Menstrual cycle Stress Urinary tract infection

<b>Urine pH</b> (speed of digestion)	
6.0 to 6.8 Normal	Normal urine pH
7.0 to 8.0 Alkaline	Infection from urea-splitting microbes Slow digestion
5.0 to 6.0 Acid	Digestion and absorption problems Kidney problems Stress causing hypertension Undigested food.
<b>Protein</b> (a small amount is normal, however excessive amounts indicate imbalances)	
Positive	Dehydration Edema Kidney stress or inflammation Stress causing hypertension
<b>Urobilinogen</b> (intestinal bacteria acting on bile from the liver)	
0.2 – 1 mg/dL	Normal secretion
2 – 8mg/dL	Blood cells dying due to toxicity or infection Hepatitis Liver losing ability to make digestive enzymes Liver inflammation and blockage Spleen dysfunction
<b>Nitrites</b> (in regular blood pressure, dilates veins and arteries, helps muscle spasms)	
Positive	Indicates bacterial proliferation in urinary tract. (Ex. E Coli).
<b>Leukocytes</b> (white blood cells filtered from the body after being killed from fighting off infection)	
Positive	Infection Infection of urinary tract White blood cells are deficient due to inadequate Vaginal contamination

Urine analysis reading machines are also available for the professional Naturopath. Another option also is sending clients to a local medical testing lab. These local labs offer many diagnostic tests such as urine analysis, blood test, glucose test, etcetera for individuals and Naturopaths, for example, Quick Lab, Any Lab and Quest Diagnostics.