

**M. Nathan Lassman, M.D.**

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**Dietary restrictions for 24-hour urine collection, 48-72 hours prior to collection.**

**5-Hydroxindoleacetic Acid (5-OHHA)**

**Alcohol**

**Caffeine**

**Dried Cod**

**Glyceryl**

**Parm. Cheese**

**Raisins**

**Aspartame**

**Chocolate**

**Dried Eggs**

**Imipramine**

**Pineapple**

**Tomatoes**

**Avocados**

**Cough Syrup**

**Eggplant**

**MAO Inhibitors**

**Plums**

**Walnuts**

**VMA & Total and Fractional Catecholamines**

**Bananas**

**Coffee**

**Vanilla**

**Chocolate**

**Fruit Juice**

**Citrus Fruits**

**Tea**