

# Gut Diagnosis Cyrex Array 3X Action Steps

1. Open a Healthcare Professional Account with Cyrex Laboratories.  
<https://www.cyrexlabs.com/join.aspx>
2. Set up a free clinical consult with Cyrex to interpret one of your patient's Cyrex test results.
  3. Print out a copy of the Interpretation of Antibodies Against Wheat Gluten and Enzyme Antigens. Order a Cyrex Array 3X on yourself or a family member, and use this matrix to interpret that result. Post your result and interpretation to the ADAPT Discussion Forum.
4. Practice discussing the Cyrex Array 3X test results with a partner. (You can practice "teaching" your partner the significance of a couple of the test markers you learned about this week.)

## For International Students:

1. Open a Healthcare Professional Account with Cyrex Laboratories.  
<https://www.cyrexlabs.com/join.aspx>
2. Choose your country of residence. If you do not see it there, you can contact Cyrex to have it added.
3. Once your application is complete, Cyrex should reach out to you directly to discuss the considerations around international shipping and ordering. If you do not hear from them, please reach out to them directly.
  - a. At the time this handout was made, Michelle Clark, world wide sales agent, can be reached at [michelle.c@cyrexlabs.com](mailto:michelle.c@cyrexlabs.com)
4. Some considerations with ordering and shipping Cyrex kits internationally.
  - a. Serum testing must be shipped within 10 days of collection
  - b. Shipping and customs can be costly and difficult to navigate depending on the country.
5. If you have trouble ordering and shipping Cyrex labs from the U.S. then we encourage you to reach out to [Regenerus Labs](#) to set up an account for international lab ordering.
6. Please also see the [International Student Resource Page](#) in the tools section of your portal.