



# HOW TO PASS ANY URINE DRUG TEST



Learn how everyone passes  
their drug test every week  
without their probation officers  
or family members finding out.

Provided by



GUIDE TO PASSING ANY URINE TEST



# HOW TO PASS A DRUG TEST IF YOU SMOKE MARIJUANA

## START HERE

You have a drug test coming up. Your very future **DEPENDS** upon passing this dreaded THC drug test. What do you do? What happens to you when you fail a drug test?

Many thoughts can be running through your head right now but do not worry. There are plenty of ways to **SUCCESSFULLY PASS**, in fact people are using these exact methods to pass drug tests!

Tests can be extremely annoying and brings anxiety to almost everyone. Arriving at the office knowing you will more than likely **FAIL** the pee test is stupid. Especially when you could have easily passed with simple methods.

Luckily, I have tested some ways that successfully allow you to pass ANY THC drug test. It is always best to be aware of the test date and to take action TODAY (not tomorrow) so that you will successfully pass most drug tests.

THC, just like most drugs, leaves a chemical in your body for a few days. This is how you can be tested to see if you have been abusing drugs. Go ahead and purchase a quick test kit for testing. Complete a detox method and see how easily it is to detox and pass any THC test.

# How to Pass a Drug Test

## METHOD #1

### **DRINK WATER**

- It's like washing your system. Start drinking 4-6 hours before the test, as much as you can take. You should start urinating like it's the end of the world. Your urine will be so clear it will likely get rejected based on color alone so you might also want to take B-complex vitamins to turn the color back to yellow. This isn't a sure-fire way, but it's probably all you can do if taking a urine test on short notice.

## METHOD #2

# BUY CLEAN HUMAN URINE

- You may find these at some smoke shops as well, but if you'd rather not show your face anywhere when buying your kit, order them online. For you to pull this off, the collection site better not be doing observed collections.

## METHOD #3

# USE A FRIEND'S URINE

- Too cheap to spend on urine? Call in a favor. Assuming it is not an observed collection, and unless somebody spills the beans (like your friend whose urine you're using), this just might work. All you need is a plain urine collection cup to pull off this stunt. If you get caught, however, you may (both) be looking at a felony charge.

## METHOD #4

# USE ANIMAL URINE

- Please, let's have a little respect for our pets and leave them out of this. Unless you can convince the lab that you're a werewolf, forget it. But if you insist, pet urine collection devices may come in handy.

## METHOD #5

# USE DEHYDRATED URINE

- Also known as synthetic urine, these products claim to be of the correct pH, uric acid, and color. They even foam, as the first thing a lab technician will do will be to shake your sample and check for foam. Finding none, they will mark your sample "Suspect Adulteration". If your sample displays enough foam and gets past visual inspection, you can begin to hope. They do test for synthetics these days and if the lab is any good, they will catch it. But if the lab is like most others, you're home free.

## METHOD #6

# CRANBERRY JUICE

- It is a powerful antioxidant and diuretic and will cleanse the body of toxins but it will not help you mask THC from your system.<sup>2</sup> It certainly will not miraculously make you pass a urine drug test. But a good cold pressed cranberry juice will at least make you feel healthy.

## METHOD #7

# TAKE VITAMIN B

- Drinking plenty of water in an effort to dilute your urine will turn it clear. To get that yellowish color back, B vitamins can help. That should prevent the lab technician from rejecting your sample outright due to color alone.

## METHOD #8

# EXERCISE DAILY BEFORE TEST

- Physical exertion is one of the best ways to drive toxins out of the body, faster and more effective than any other means. For purposes of discussion, consider carboxy THC or THC-COOH, the marijuana metabolite found in urine that is inactive (no psychoactive effect or doesn't get you high). It is fat soluble and stored in the fat cells of the body. It may be found in your system weeks after intake of marijuana. When you exercise and burn fat, this compound is released into the bloodstream, eventually reaching the kidneys for expulsion from the body. Quit the exercises before the day of the urine drug test as you might release a load of THC metabolites into your blood and urine.

## METHOD #9

# CREATINE

- After loading up on water, creatinine levels in the urine will be very low, a sure indication of a diluted sample. To avoid this, many people believe that by taking Creatine supplements at least 48 hours before testing it will have metabolized into creatinine by the day of the test so that it will not be below acceptable levels.

## METHOD #10

# GET PEEING

- Your kidneys run through the night causing the first few urinations of the day to be your "dirtiest". Emptying your bladder a few times before taking a test should give you cleaner more diluted urine, though urine that is too watered down can easily be flagged as inconstant through specific gravity or creatine testing.

## METHOD #10.5

# CATCH URINE MIDSTREAM

- In a similar way that the first urination of the day is dirtier so is the first part of your urine. So, waiting a few seconds to start filling the collection cup will give the least contaminated sample.

## METHOD #11

# RUIN THE SURPRISE

- An instant at home urine test can provide results in minutes and give you a good idea what your results will be. Your nerves may be misplaced or you might be really scrambling, either way, some surprises nobody likes.

## METHOD #12

# LOAD UP ON HEALTHY FATS

- To prepare for an upcoming drug test, eat plenty of healthy fats like cold water fish and avocado as they will reduce the amount of body fat that is burnt, thereby reducing the amount of THC-COOH released into the blood and urine.

## METHOD #13

# ADD WATER TO YOUR SAMPLE

- You can always use the toilet water at the collection site to dilute your collected sample, provided the lab personnel have not used instant bluing tablets. Bluing tablets are made for precisely this reason, to preserve the integrity of the urine specimen by preventing donors from diluting their samples with toilet water.

## METHOD #14

# TAKE FISH OIL SUPPLEMENTS

- Fish oil has been shown to convert fat storage cells into fat burning cells, and we know that THC-COOH at least is stored in fat cells so that when you burn fat during exercise, you also release the drug metabolite into your bloodstream where they make their way into your kidneys for removal via urine. Again, stop taking the fish oils and all the exercising the day before your marijuana drug test or you'll end up submitting THC metabolite-rich urine.

## METHOD #15

# USE A COMBINATION

- Increase your chances of passing the test by using a few of these methods together, like drinking plenty of water a few hours before the test in order to induce frequent urination, taking B-vitamins to restore your urine's yellowish color, taking fish oil supplements, exercising on the days prior to the test and drinking cranberry juice to aid the detoxification process.

## METHOD #16

# KOMBUCHA

- There's plenty of health drinks out there that promise miracle cures, and this one goes back over 2000 years. The Chinese call it the "immortal health elixir". Among its many health benefits is detoxification, which is probably the most relevant to your needs prior to a drug test. However, there are no proven accounts or extensive studies that support some claims that drinking Kombucha can help you actually pass a drug test. The choice is yours.

## METHOD #17

# APPLE CIDER VINEGAR

- The internet is practically flooded with information about apple cider vinegar and its many health benefits. There are also many accounts from drug test passers who swear by its effectivity, and not just with weed, but other substances as well. One very common recipe is simply mixing 1 tablespoon of ACV in a glass of water, with or without honey or other sweeteners. They say to drink this first thing in the morning soon after waking up. It is supposed to work wonders for acidity, heartburn and a long list of other ailments, so if it doesn't make you pass your drug test, at least you're healthier for it.

## METHOD #18

# ASPIRIN

- Aspirin has been documented to cause false positive drug tests. In most cases, a false positive means you failed the test. Sure you can contest the results and insist on laboratory confirmation testing, which would have bought you some time to do some cleansing first. The problem with aspirin is that it is hepatotoxic, a big word which simply means it can damage your liver after prolonged use or a one-time large dose. Please don't risk it.

## METHOD #19

# AVOID CARBS

- Eating foods high in carbohydrates floods your system with too much glucose and triggers a biochemical response that forces the body to burn glucose instead of stored body fats. When you're looking to pass your drug test, you want your body to burn fats because that's where THC metabolites are stored. In order for the body to do that, there has to be no excess of glucose, meaning you have to watch your carb intake.

## METHOD #20

# ADD BLEACH TO THE SAMPLE

- Before going for your urine test, you might want to experiment with different brands of bleach first. Some will leave residue, some will foam. You also need to know how much to add, from 6-10 drops of liquid bleach. Invest in a home drug test kit for urine to get it right. After you have "mastered" the right mix, all you have to do is figure out how to smuggle your bleach into the collection site on the day of the test.

## METHOD #21

# THE WHIZZINATOR

- This is a fake penis which attaches to the body via straps. A urine bag is placed behind the pad as it rests against your skin, helping to keep the urine at body temperature. You will go to the collection site wearing this contraption. It is unlikely that lab personnel will require you to completely strip even for an observed collection, so you should be able to manage to get the contents of your "bladder" out thru your "penis" into the collection cup. Good luck!

## METHOD #22

# BROCCOLI, SPINACH & GREENS

- Broccoli and spinach are powerful antioxidants. Like most vegetables, they also have a low-calorie profile and are rich in niacin (vitamin B3). They help speed up the natural elimination of THC from your system. Niacin is a principal ingredient in many THC detox drinks.

## METHOD #23

# CRANBERRY PILLS

- These are great for detoxification, more so than the juice version. They will not have a direct positive effect on your urine drug test but will surely help in the cleansing process.