# Sea Level Labs Technician Exposes Ineffective Ways of Cheating on Drug Tests



A lab technician from Sea Level Labs in Florida, known as @kindlefromthelab on TikTok, revealed common yet ineffective methods people use to cheat on drug tests. In a viral video with over 10 million views, she discussed how excessive water consumption and adding substances like bleach to urine samples are easily detectable.

She explained that drinking large amounts of water lowers the specific gravity of urine, typically between 1.003 to 1.030, to 1.000, signaling manipulation. Adding bleach alters the typical pH range of 4.5 to 8.0, also raising suspicion. Other substances like nitrite, chromate, and iodine can also be detected.

Coinciding with her video, Quest Diagnostics released an analysis of nearly 10 million drug tests, showing that attempts to tamper with samples increased significantly from 2022 to 2023, with invalid and substituted specimens up by 45.2% and 633%, respectively. The study noted a rise in marijuana positivity in the general workforce but a decrease in federally mandated, safety-sensitive professions.