

# Mycotoxins

## Uncover the Hidden Effects of Mold on Your Body

Struggling with bloating, brain fog, chronic sinus issues, migraines, or muscle weakness that might trace back to past mold exposure? The Mycotoxins Test offers critical insight into whether hidden fungal toxins could be contributing to ongoing health concerns.

This advanced test measures urinary levels of 29 different mycotoxins produced by common indoor and outdoor molds. By detecting these toxins early, you can identify potential sources of toxic buildup before they disrupt your immune system, cognitive clarity, and overall well-being.

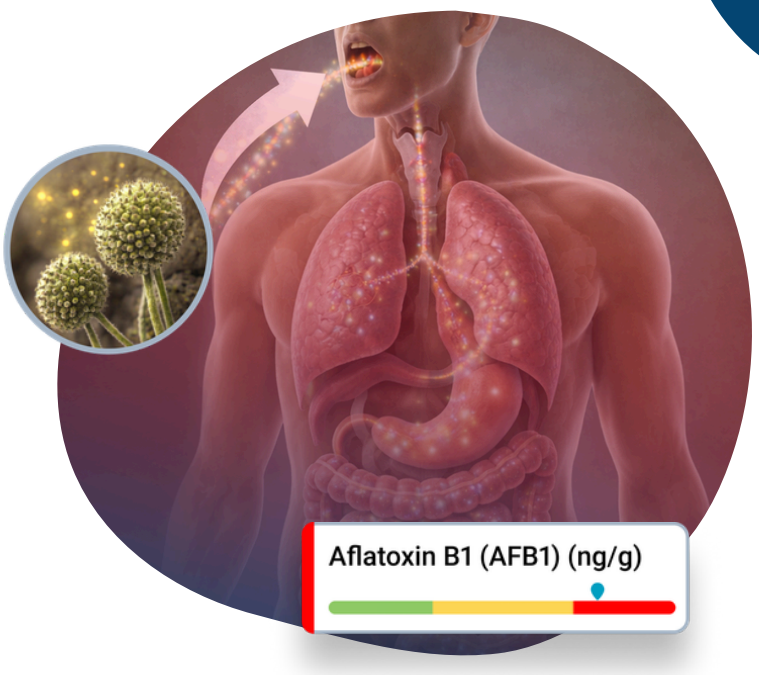
With clinically supported insights and targeted recommendations, your healthcare provider can create a personalized detox plan that includes lifestyle changes, supplementation, and treatments to eliminate mycotoxins.

## How It Works

The Mycotoxins Panel is a simple at-home urine-based test that helps give insight into exposure of toxic compounds produced by mold, which may contribute to immune dysfunction, neurological symptoms, and chronic inflammation.This panel provides a detailed analysis of mycotoxin burden, supporting detoxification strategies and environmental exposure reduction efforts. With clear visuals and personalized insights, your provider can create a targeted plan to aid in any toxin-related health effects.

## Why Choose the Mycotoxins Panel?

- **Understand the Impact of Mold & Fungal Toxins:** Mold exposure is often hidden but can be a major contributor to chronic illness. The Mycotoxins Test offers a detailed assessment of mycotoxin levels in your body, enabling better understanding of their role in your symptoms.
- **Proactive Health & Detox Support:** Identifying mycotoxin exposure early can prevent long-term health issues. The Mycotoxins Test provides actionable data to help guide detoxification efforts, support immune function, and reduce symptoms linked to mold exposure.
- **Create a Personalized Detox Plan:** With insights from the Mycotoxins Test, your healthcare provider can develop a tailored detox plan, including lifestyle changes, supplements, and treatments to remove mycotoxins and restore health.



## Key Markers Include:

- **Aflatoxins:** Aflatoxins highly toxic compounds found in contaminated grains, nuts, and dairy that can cause liver damage, immune suppression, and increase cancer risk through DNA damage and oxidative stress.
- **Ochratoxins:** Ochratoxins, produced by Aspergillus and Penicillium molds, are toxic compounds commonly found in cereals, coffee, dried fruit, and wine that can impair kidney function and suppress the immune system.
- **Trichothecenes:** Trichothecenes are potent mycotoxins from Fusarium species found in grains and water-damaged buildings that disrupt protein synthesis. Exposure can cause immune suppression, digestive issues, and neurological symptoms such as headaches and memory loss.
- **Zearalenone:** Zearalenone is an estrogenic mycotoxin commonly found in contaminated grains like corn and wheat.

The Mycotoxins Panel is utilized to assess environmental and dietary exposures that may contribute to chronic health conditions. The test helps identify specific mycotoxins affecting a patient's health and guides targeted detoxification and treatment strategies.




## Who Should Take This Test?

- **Struggling with Chronic Sinus Congestion?** Persistent nasal congestion without other symptoms may be a sign of mold exposure, and this test can identify which mycotoxins are involved.
- **Feeling Weak or Fatigued?** Unexplained weakness or any sort of fatigue may be tied to hidden mold exposure. The Mycotoxins Test can reveal imbalances to support targeted detox and recovery.
- **Having Digestive Issues?** Digestive issues like bloating or discomfort may signal a mycotoxin-related gut imbalance.
- **Have a History With Past Mold Exposure?** Mycotoxin exposure can result from both dietary sources and environmental factors—such as living or working in a water-damaged building. If you suspect you've been exposed to either, the Mycotoxins Test can help assess your body's toxic burden.

## Take the First Step Towards Better Health

If you're dealing with sinus congestion, brain fog, digestive issues, or any autoimmune damages, it may be explained by subjection to mold. This is your time to take control of your health. Consult your provider to learn how the Mycotoxins Test can guide effective detoxification and recovery strategies.

**Limitations**
Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The New York State Department of Health has not evaluated any test claims nor reviewed the accuracy of this test.

**Regulatory Disclaimer**
Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.