

# Urine Mycotoxin Test Prep

---

As with all laboratory tests, there are factors that may influence the results. To ensure accuracy, I recommend that the following things be considered. Due to the prevalence of mycotoxins in certain foods, beverages, and supplements, avoid the following for 3 days before collecting urine for the test. If these measures cannot be taken, consider serum mycotoxin antibody testing.

## Foods & Beverages To Avoid

Yeast (baker's, brewer's & nutritional)	Commercial dairy (organic is okay)
Leavened bread	Commercial eggs (pasture-raised are okay)
All grains	Cured meats
Aged & moldy cheeses	Pickles & pickled foods
Dried fruits	Vinegar
Mushrooms	Soy and soy sauce
Peanuts & peanut butter	Oolong & black tea
Potatoes	Moldy coffee
Corn	Alcoholic beverages
Cantaloupe, grapes, apples	Fermented beverages (cider/kombucha)

## Supplements To Avoid

Binders	Medicinal mushrooms
Saccharomyces boulardii	Red yeast rice

## The Morning Before Taking Your Test Avoid

Eating or drinking	Hot shower
Exercise	Intercourse

## Dr. Jill's Current General Recommendations

Whether or not to utilize certain agents that provoke your body to excrete mycotoxins is an individual decision between you and your doctor. These recommendations are based on the latest clinical findings.

Do not provoke ~	Provoke with sauna or lymphatic massage prior to collection ~
* If trying to determine current exposure/daily mycotoxin burden	* If trying to determine total body burden
* If using Mosaic/GPL & Vibrant, avoid glutathione	* If you're a poor excretor

## Talk With Your Doctor About

The following things may impact urine mycotoxin results.

Glutathione and precursors Alpha-lipoic acid, NAC	Deep-tissue massage
Methylene blue	Strenuous exercise
Sauna	Acute infection

First morning's urine is typically used unless your doctor has given you a provoking agent.

For provoked tests, collect urine for 6 hours following the provoking agent.

---

This content is for health information only and not intended as personal medical advice. Reading or viewing it will not establish a doctor-patient relationship. It is not intended to diagnose, treat, cure or prevent any disease or medical condition. The information discussed is not intended to replace the advice of your healthcare provider. Reliance on information provided by Dr. Jill Crista, employees, or others appearing at the invitation of Dr. Crista is solely at your own risk.