

## FACT SHEET | Citrinin

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Citrinin is associated with poorly stored grains, but can be present in water-damaged buildings. It's often found along with Ochratoxin, another kidney toxic mycotoxin.

It has a very broad spectrum of negative impacts on the body, but the kidneys take the biggest hit. Both the kidneys and liver are involved in its detoxification, so treatments are targeted toward supplying Citrinin-specific protection for these organs.

Chief among its other negative impacts is mitochondrial dysfunction, with symptoms showing up most prominently in organ systems under high demand, such as the heart, digestion, and reproduction.

Citrinin can also impede fertility and prevent successful pregnancy.

### MOLD SOURCES

Aspergillus niger, A. awentil, A. ostianus, A. fumigatus, A. niveus, A. awamori and A. parasiticus, Penicillium citrinum, P. expansum, Monascus

Color - typically lemon-yellow, but can change color depending on substrate

Favorite building material - wallpaper, wood, drywall, linoleum, insulation paper

### SYMPTOMS

Fatigue, commonly with muscle pain

Reactive blood sugar

Urinary pain, frequent urination, nephrogenic diabetes insipidus

Edema

Reflux, nausea, vomiting, diarrhea

Ulcers, blood in stool

Food sensitivities

Chemical sensitivities

Short of breath

Heart palpitations, chest pain

Menstrual changes, miscarriage

Infertility in both genders

### THINGS THAT HELP MY PATIENTS

Therapeutic Diet ~

Grain-free

Radishes, as well as vegetables/fruits in the orange-red color band for pelargonidin

(Citrinin-specific Nrf2-restorative liver protection)\*

Butyrate-rich foods - butter, cabbage, radicchio, white part of spring onion, broccoli, Brussels sprouts

2 Tbsp ground organic seeds as an insoluble fiber binder and to nourish reproductive organs

Green tea - particularly if skeletal muscle fatigue (Citrinin-specific effect)\*

Glutathione or glutathione inducers if not tolerated - ALA, NAC, Selenium

Alpha-lipoic acid as the R-Lipoic acid isomer

Resveratrol

Grape seed extract

Vitamin E as Tocotrienols

Melatonin

Homeopathic Vasopressin

CoQ10

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