

# Mycotoxin Test Comparison

The most common question I get about mycotoxin testing is, which test is my favorite. My answer is — that's not the right question. I believe the question should be — which test or tests are right for which situation/ patient, and if we should test at all. If you know it's mold and all parties are in agreement, save the money on testing to treat the patient and his/her built space.

The deductions I've made in this chart are based on my patient population, running many split sample tests, with a minority run on the same patients over time, including with sets of identical twins over 7+ years time.

Please note that this is purely empirical. These are the factors I consider when making my choice for testing. We obviously need more data with larger population statistics.

The most comprehensive assessment would involve both a urine and serum mycotoxin test taken on the same day, along with a symptom questionnaire or other systematic symptomatic assessment.

Factors To Consider	RealTime Lab	Vibrant Wellness	Great Plains Lab	MyMycLab
Type of Technique	Urine ELISA	Urine Mass-Spect	Urine Mass-Spect	Serum ELISA
Immune Status	Not ideal for those with immune deficiency	Okay for those with immune deficiency	Okay for those with immune deficiency	Not accurate for those with immune deficiency
Kidney Health	Does not control for creatinine; not good for those with kidney disease or chronic dehydration	Controls for creatinine; still may be useful for those with kidney disease	Controls for creatinine; still may be useful for those with kidney disease	Not impacted by kidney function
Ability To Detox	Not ideal for those who don't detox well	Not ideal for those who don't detox well	Not ideal for those who don't detox well	Good for those who don't detox well
Supplements to Avoid	Binders	Binders Glutathione	Binders Glutathione	None
Provocation *no data to support this claim*	May need provocation	Provocation may skew results	Provocation may skew results	No provocation needed
Indicates current exposure	Does not assess for current exposure to mold	MPA may indicate current exposure to growing mold	MPA may indicate current exposure to growing mold	IgE assesses for current exposure to mold in past 2-4 weeks
Assesses body burden	May assess body burden with provocation	May assess body burden with provocation	May assess body burden with provocation	IgG may assess body burden
Lab Shares Independent Validation Data	No	Yes	No	No