

TESTING STEPS

STEP 1: TEST YOURSELF FOR MYCOTOXINS

A urine test is a sensible first step in investigating a mycotoxin related illness. One company that is often recommended for urine testing is RealTime Labs³. The RealTime Labs tests for 15 specific types of mycotoxins.

Aflatoxin B1, B2, G1, and G2
Gliotoxin
Isosatratoxin F
Ochratoxin A (OTA)
Roridin A, E, H, and L-2
Satratoxin G and H
Verrucarin J and A



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STEP 2: IF YOUR URINE TEST IS POSITIVE

Contact a doctor that is experienced in treating mycotoxin illness. Not all doctors are familiar with mycotoxin issues and having an experienced functional medicine physician can be your best prospect for a health improvement solution.

STEP 3: OUR ADVANCED TESTING OFFERINGS

EMMA TEST

The EMMA test uses sensitive molecular detection technology to look for the presence of 10 of the most toxigenic molds. It determines their presence and determines their relative abundance. EMMA also tests directly for 16 of the most poisonous Mycotoxins using its patented Mycotoxin detection test. Testing is performed by one of our investigators extracting a small amount of dust or material from the filters in your furnaces.

Approximate Cost: \$685.00

ERMI TEST

The illnesses associated with mycotoxin poisoning have become such a well-recognized issue that the Environmental Protection Agency has developed a research tool called the Environmental Relative Moldiness Index (ERMI). We take surface dust samples in a home or building and DNA from mold in the dust is analyzed. The sample is then compared to the ERMI, an index or scale.

The analysis can be used to determine the amount of mold in an environment, as well as the types of mold. The results allow us to determine if the detected types of mold are the species that can produce mycotoxins. Unlike the EMMA this does not test for mycotoxins.

Approximate Cost: \$680.00

MOLD-TOX TESTING FOR CLINICALLY SIGNIFICANT MOLD AND MYCOTOXINS

This test includes the top 10 most relevant mold species detected using the MSQPCR method, with a HERTSMI-2 Score included in the report. In addition the detection of mycotoxins is added and analyzed by state of the art technologies (LC/MS/MS)

The MOLD-TOX combined test is important since it can detect a broad range of mycotoxins. Mycotoxins: Turn around time (TAT) 3 weeks. Our technicians take this sample using a vacuum cone.

Approximate Cost: \$690.00

STEP 4: IMMEDIATE AIR IMPROVEMENT

If you are living or working in a building that may be the cause of mycotoxin exposure and you cannot move or improve the environment, we recommend using a professional-grade High Efficiency Particulate Air (HEPA) filtering device to scrub the air you are breathing.

Mold spores can vary tremendously in size, but the size range is generally between 1 microns up to about 20 microns. This means even the smallest mold spores fall well within the HEPA specification (0.03 microns), allowing a HEPA filter to trap most mold spores. Mycotoxins are much smaller than spores and are generally 0.1 microns in size which also means a true HEPA will filter them out of the air you breathe.