



PREPARING FOR YOUR URINE MYCOTOXIN TEST

As with all laboratory tests, there are factors that may influence the results. To ensure accuracy, please read the test's instructions for their specific do's and don'ts. Due to the prevalence of mycotoxins in certain foods, beverages, and supplements, also consider avoiding the following items for 3 days before collecting urine for the test.



Foods & Beverages to Avoid

Yeast (baker's, brewer's & nutritional)	Peanuts & peanut butter	Corn	Oolong & black tea
Leavened bread	Potatoes	Pickles & pickled foods	Moldy coffee
Aged & moldy cheeses	Cantaloupe	Vinegar	Alcoholic beverages
Dried fruits	Grapes	Soy sauce	Fermented beverages such as cider, kombucha
Mushrooms			

Supplements to Avoid

Saccharomyces Boulardii Medicinal mushrooms Red yeast rice

The Morning Before Taking Your Test Avoid

Eating or drinking Hot shower
Exercise Intercourse

Speak with Your Doctor

Whether or not to utilize certain agents that provoke your body to excrete mycotoxins is an individual decision between you & your doctor. The following things have been shown to impact urine mycotoxin results.

Glutathione Binders Sauna

Make sure to take the sample from the first morning's urine.