

The clinical value of the RealTime Labs Mycotoxin Panel



Hi, I'm Dr. Sodano, the director of clinical support and education at Evexia Diagnostics. Today I want to talk about a test we offer that assesses for mold toxins in the body called the 'Mycotoxin Panel'.



Multiple types of molds exist that create mycotoxins, but most mycotoxins are not harmful to human health. Currently, more than 300 mycotoxins have been identified. The three primary mycotoxin producers include the mold species *Aspergillus*, *Fusarium*, and *Penicillium*, which all produce multiple mycotoxins. Even a single type of mold, such as *Aspergillus*, can produce multiple mycotoxins, such as ochratoxins, aflatoxins, and gliotoxins.

Mycotoxins are small molecules produced by various types of as mold that are toxic to humans. Although hundreds have been identified, only a small portion are associated with indoor molds and pose a significant health risk.

The most common way people get contaminated with mycotoxins is through inhalation and dermal absorption. You're most likely to become exposed to mycotoxins in buildings that have received water damage and flooding. There are other studies that suggest that mycotoxin exposure can occur by consuming contaminated food or drink.

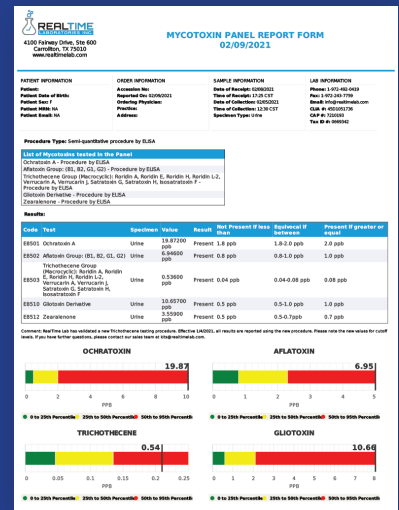
It's important to know that mycotoxins can deposit in tissues all over the body causing tissue damage and destruction. Some of these tissues include the liver, adipose tissue, kidney, muscle, adrenal, gastrointestinal, and bone marrow. Antifungals do not address the situation as it is often a toxin issue and may not be associated with fungal overgrowth, although the two can coexist.

The RealTime Labs "Mycotoxin Panel" detects 16 different mycotoxins, including 9 macrocyclic trichothecenes (tri-co th-E-seens), aflatoxin, zearalenone, ochratoxin, and gliotixin. Testing is done using competitive ELISA, a sensitive detection method using antibodies prepared against mycotoxins. In my opinion, the presence of mycotoxins in the urine is evidence of exposure either acute or chronic.



SOME OF THE SIGNS & SYMPTOMS OF MYCOTOXIN ILLNESS INCLUDE (BUT ARE NOT LIMITED TO) :

- Gastrointestinal distress (IBS, nausea, diarrhea, stomach cramps, etc.)
- Joint pain and weakness
- Metallic taste
- Sinusitis, sneezing, runny nose, and asthma
- Headaches (including migraines) and brain lesions
- Chronic fatigue Shortness of breath
- Cognitive dysfunction ("brain fog," slurred speech, confusion)
- Hearing problems
- Rashes, hives, and bloody skin lesions



Mycotoxin Panel Sample Report

Learn more about the RealTime Mycotoxin Panel by [clicking here](#).
 Learn more about the Evexia Nutraceuticals by [clicking here](#).
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FEATURED EVEXIA NUTRACEUTICALS: EX-METAL ESSENTIALS

natural plant chelators/binders in this product include MCP, MAC, and Chlorella. Pectin and the probiotics mentioned below can also act to bond mold toxins.

Modified Citrus Pectin: Pectin is a polysaccharide (a complex carbohydrate) found in the cell wall of many citrus fruits. Citrus pectin is normally too large to work effectively inside cells; however, the modified citrus pectin in this product was developed using a unique proprietary process which allows for the correct low molecular weight and structure of pectin necessary for it to enter cells and help chelate heavy metals.

Modified Alginate Complex: Alginates are the carbohydrates that make up the cell wall of seaweed and have the distinct capability to bind heavy metals to their own molecules. Alginates work mainly in the gastrointestinal tract to prevent reabsorption of toxins as they are being pulled from tissues.

Chlorella (as broken cell wall chlorella to unlock its benefits and allow for greater bioavailability): Chlorella is a green algae that not only offers a rich supply of nutrients for the digestive, circulatory, and respiratory systems, but also has the ability to bind to metals after they are released from tissues, and help prevent reabsorption.

Glutathione: Glutathione is a peptide made up of three amino acids with impressive antioxidant properties, so it protects tissues from heavy metals and helps the liver convert toxins into safer compounds to be excreted.

N-Acetyl-Cysteine (NAC): NAC is an amino acid that supports healthy liver function and has strong antioxidant capabilities to help protect tissues from toxins. It is also a precursor to glutathione, helping to replenish this nutrient.

Alpha Lipoic Acid (ALA): ALA is a powerful antioxidant that can easily pass through cell membranes and aid the chelation process inside the cell.



Here are some Evexia Nutraceuticals™ recommendations related to detoxification for your patients:



PRO-BIOTIC MICROPHAGE

Pro-Biotic MicroPhage contains lactobacillus and Bifidobacterium, which can act as toxin binders and is a specialized bacteriophage formulation combining four types of phages (as the proprietary bacteriophage blend PrePhage™) along with seven strains of probiotics. This product is designed to support the proliferation of beneficial bacteria throughout the small and large intestines in order to promote healthy GI and immune function.** This dairy-free formulation is featured in a delayed-release capsule to increase intact delivery to the small intestine by protecting these organisms from stomach acid.



N-ACETYL CYSTEINE PLUS

N-Acetyl Cysteine (NAC) is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant, which helps promote optimal detoxification. NAC is heavily researched for its role in optimizing lung health and is also used for rapid recovery after workouts. It is also beneficial for protection against normal exposure to heavy metals.

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