

Preparing For Your Urine Mycotoxin Test

As with all laboratory tests, there are factors that may influence the results. To ensure accuracy, I recommend the following things be considered. Due to the prevalence of mycotoxins in certain foods, beverages, and supplements, avoid the following for 3 days before collecting urine for the test.

Foods & Beverages To Avoid

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

Supplements To Avoid

Saccharomyces boulardii	Red yeast rice
Medicinal mushrooms	

The Morning Before Taking Your Test Avoid

Eating or drinking	Hot shower
Exercise	Intercourse

Talk With Your Doctor About

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

Glutathione	Sauna
Binders	

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



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