



# Total Tox Burden Testing

The Total Tox Burden is a simple & quick test that provides complete insight into the levels of heavy metals, mold toxins & environmental toxins in your body.

## Why Test?

Knowing your toxic burden is the first step to creating a personalized detox and wellness plan to achieve better health.

Many toxins bioaccumulate (*build up*) and persist in the body for decades, breaking down slowly or not at all, leaving you susceptible to other toxic build-ups or susceptibility to infections through impaired detoxification, compromised immunity, and increased oxidative stress.

## Who Will Benefit From Toxicity Testing?

Toxic exposure is a reality of our daily lives, but toxic overload can stress our bodily systems and manifest in various ways. Toxins can lead to elevated oxidative stress and increase demand on the body's detoxification pathways, particularly in the liver. When the liver can't adequately eliminate toxins or infectious byproducts, these toxins can clog up normal detox pathways and lead to a range of chronic inflammation symptoms. If you're experiencing multiple chronic symptoms and can't lose weight despite diet and exercise, you could be carrying a high toxic burden.

## Symptoms Include:

- Fatigue & weakness
- Chronic burning in the throat & nasal passages
- Coughing, wheezing, shortness of breath
- Balance loss or dizziness
- Depression or anxiety
- Eye irritation or tearing
- Headache and light sensitivity
- Heightened sensitivity to chemicals in foods
- Disorientation Metallic taste in the mouth
- Irregular heartbeat
- Morning stiffness or joint pain
- Mood swings
- Muscle weakness
- Skin rashes
- Sleep problems
- Vision or hearing changes
- Poor memory & difficulty finding words
- Difficulty concentrating
- Unusual skin sensations, tingling, and numbness
- Increased urinary frequency or thirst
- Abdominal pain, diarrhea, or bloating
- Static shocks



LINDGREN  
functional medicine

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## Why Is This Test Important?

Simple at-home testing with robust results. Perform the Total Tox Burden test in the comfort of your home. Unparalleled sensitivity and specificity. Our proprietary technology detects 20 heavy metals, 29 mycotoxins, and 39 environmental toxins. Validated and accredited. Science-backed testing and analysis based on rigorous, ongoing research by clinical experts. About Vibrant Wellness Vibrant Wellness is a leading CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root cause of patient health issues. We are at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve vibrant health and longevity through individualized solutions based on testing—not guessing.

## The Vibrant Wellness Advantage

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### What To Expect From the Test

Follow our simple instructions to perform this urine test at home. No need to fast before testing. Avoid foods high in iodine (seafood, dairy, and seaweed) and selenium (Brazil nuts) as they may cause falsely lowered heavy metal results. Send the sample to our labs for analysis and work with your care provider to understand the results.

### About Vibrant Wellness

Vibrant Wellness is a leading CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root cause of patient health issues. We are at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve vibrant health and longevity through individualized solutions based on testing—not guessing.



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## Total Tox Burden Markers List

The Total Tox Burden bundle includes three tests: Mycotoxins, Heavy Metals, and Environmental Toxins. There are 29 mycotoxins, 20 heavy metals, and 39 environmental chemicals tested.

Urine Creatinine			
Heavy Metals			
<ul style="list-style-type: none"> <li>• Aluminum</li> <li>• Antimony</li> <li>• Arsenic</li> <li>• Barium</li> <li>• Beryllium</li> <li>• Bismuth</li> <li>• Cadmium</li> </ul>	<ul style="list-style-type: none"> <li>• Cesium</li> <li>• Gadolinium</li> <li>• Lead</li> <li>• Mercury</li> <li>• Nickel</li> <li>• Palladium</li> <li>• Platinum</li> </ul>	<ul style="list-style-type: none"> <li>• Tellurium</li> <li>• Thallium</li> <li>• Thorium</li> <li>• Tin</li> <li>• Tungsten</li> <li>• Uranium</li> </ul>	
<b>Mycotoxins</b> <ul style="list-style-type: none"> <li>• Aflatoxin M1</li> <li>• Aflatoxin B1</li> <li>• Aflatoxin B2</li> <li>• Aflatoxin G1</li> <li>• Aflatoxin G2</li> <li>• Sterigmatocystin</li> <li>• Zearalenone</li> <li>• Fumosinins B1</li> <li>• Fumosinins B2</li> <li>• Fumosinins B3</li> </ul>	<ul style="list-style-type: none"> <li>• Citrinin</li> <li>• Mycophenolic Acid</li> <li>• Roridin E</li> <li>• Enniatin B1</li> <li>• Verracurin A</li> <li>• Verracurin J</li> <li>• Deoxynivalenol (Vomitoxin/DON)</li> <li>• Nivalenol (NIV)</li> <li>• Diacetoxyscirpenol (DAS)</li> </ul>	<ul style="list-style-type: none"> <li>• T-2 toxin</li> <li>• Satratoxin G</li> <li>• Satratoxin H</li> <li>• Roridin A</li> <li>• Roridin L-2</li> <li>• Ochratoxin A</li> <li>• Patulin</li> <li>• Dihydrocitrinone</li> <li>• Gliotoxin</li> <li>• Chaetoglobosin A</li> </ul>	
<b>Environmental Chemicals</b> <ul style="list-style-type: none"> <li>• 2,4-Dichlorophenoxyacetic Acid (2,4-D)</li> <li>• Perchlorate</li> <li>• 2,2-bis(4-Chlorophenyl)acetic acid (DDA)Diethylthiophosphate (DEDTP)</li> <li>• Dimethylthiophosphate (DMTP)</li> <li>• Diethylthiophosphate (DETP)</li> <li>• Dimethylphosphate (DMP)</li> <li>• Diethylphosphate (DEP)</li> <li>• Dimethylthiophosphate (DMTP)</li> <li>• Atrazine</li> <li>• Atrazine mercapturate</li> <li>• Glyphosate</li> <li>• 3-Phenoxybenzoic Acid (3PBA)</li> <li>• Monoethyl Phthalate (MEP)</li> <li>• mono-2-ethylhexyl phthalate (MEHP)</li> </ul>	<ul style="list-style-type: none"> <li>• mono-(2-ethyl-5-hydroxyhexyl) phthalate (MEHHP)</li> <li>• mono-(2-ethyl-5-oxohexyl) phthalate (MEOHP)</li> <li>• Mono-ethyl phthalate (MEtP)</li> <li>• Methylparaben</li> <li>• Propylparaben</li> <li>• Butylparaben</li> <li>• Ethylparaben</li> <li>• N-acetyl-S-(2-carbamoyethyl)-cysteine (NAE)</li> <li>• N-Acetyl (2-Cyanoethyl) Cysteine (NACE)</li> <li>• N-Acetyl (2-Hydroxypropyl) Cysteine (NAHP)</li> <li>• N-Acetyl (3,4-Dihydroxybutyl) Cysteine (NADB)</li> </ul>	<ul style="list-style-type: none"> <li>• 2-Hydroxyethyl Mercapturic Acid (HEMA)</li> <li>• N-Acetyl Propyl Cysteine (NAPR)</li> <li>• Diphenyl Phosphate (DPP)</li> <li>• Tiglylglycine (TG)</li> <li>• Bisphenol A (BPA)</li> <li>• Triclosan</li> <li>• 4-Nonylphenol</li> <li>• 2-Methylhippuric Acid (2MHA)</li> <li>• 3-Methylhippuric Acid (3MHA)</li> <li>• 4-Methylhippuric Acid (4MHA)</li> <li>• 2-Hydroxyisobutyric Acid (2HIB)</li> <li>• Phenylglyoxylic Acid (PGO)</li> <li>• N-acetyl phenyl cysteine (NAP)</li> </ul>	

## What To Expect

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Before testing:

- No need to fast.
- Avoid foods high in iodine (seafood, dairy, and seaweed) and selenium (Brazil nuts) as they may cause falsely lowered heavy metal results.
- Send the sample to our labs for analysis and work with your care provider to understand the results.