

# Total Tox Burden Panel

## Uncover the Hidden Toxins Blocking Your Vitality

Dealing with fatigue, brain fog, skin flare-ups, or recurring infections? Your toxic load could be the missing link. The Total Tox Burden Panel provides insights into potential root causes of toxicity-related symptoms by analyzing excreted toxins, detox capacity, and oxidative stress levels.

It also identifies hidden exposures to heavy metals, mold toxins, and environmental chemicals—factors that can silently disrupt metabolism, immune function, and cognitive clarity. If you've been feeling off but can't pinpoint the cause, this test examines how toxic overload may impact your health.

With science-backed insights and personalized data, your healthcare provider can create a targeted detoxification strategy to reduce toxic burden, support resilience, and help you feel your best again.

## How It Works

The Total Tox Burden Panel is a simple at-home urine test that provides a comprehensive view of your body's toxic load and detoxification function. It measures excreted heavy metals, mold toxins, and environmental chemicals while evaluating detox capacity and oxidative stress that may impact energy, cognition, immune health, and resilience. With clear visuals and personalized insights, your provider can create a targeted plan to reduce toxic burden and support your body's natural detox pathways.

## Why Choose the Total Tox Burden Panel?

- **Comprehensive Toxicant Coverage:** Reports 87 urinary markers, including 20 heavy metals, 29 mycotoxins, and 38 environmental toxins, offering a full-spectrum view of cumulative toxic burden.
- **Integrated Heavy Metal, Mycotoxin & Chemical Screening:** Simultaneously analyzes metals, mold toxins, and common environmental chemicals such as BPA, phthalates, parabens, and pesticides, linking exposures to real-world health risks.
- **Bioaccumulation & Detox Risk Assessment:** Percentile-based reporting reveals both acute and chronic exposures, supporting risk evaluation for neurotoxicity, immune dysfunction, and impaired detoxification capacity.
- **High-Sensitivity, Multiplex Analysis:** Utilizes LC-MS/MS and ICP-MS for precise, quantitative detection of a wide range of toxicants. At-home urine collection ensures convenient, robust sampling for true clinical insight.



## Key Markers Include:

- **Heavy Metals (Toxic Elements):** Measures excreted levels of metals like lead, mercury, cadmium, and arsenic that can impair mitochondrial function, immunity, and neurological health.
- **Mycotoxins (Mold Toxins):** Detects fungal toxins such as ochratoxin A, aflatoxin M1, and gliotoxin, often linked to chronic fatigue, sinus issues, skin conditions, and immune dysfunction.
- **Environmental Chemicals (Xenoestrogens & Pollutants):** Screens for common chemicals like parabens, phthalates, and organophosphates that may disrupt hormones and metabolism.
- **Oxidative Stress Markers (Cellular Damage):** Evaluates free radical burden and antioxidant status, providing insight into how well your body copes with toxic exposures.
- **Detox Pathway Support (Liver & Phase II Function):** Assesses detox efficiency through key pathways like glutathione conjugation, sulfation, and methylation, essential for safe toxin clearance.
- **Combined Burden Score:** Integrates data across all toxin categories to give a big-picture view of toxic stress and guide targeted detox strategies.



The Total Tox Burden Panel analyzes heavy metals, mold toxins, environmental chemicals, and oxidative stress to uncover potential causes of fatigue, brain fog, skin issues, immune challenges, and chronic inflammation. It identifies toxic exposures, detox impairments, and cellular stress—key drivers of long-standing symptoms and systemic dysfunction.

## Who Should Take This Test?

- **Unexplained Fatigue, Brain Fog, or Sleep Issues?** These could signal toxic buildup affecting your energy, clarity, and resilience—this test helps uncover why.
- **Tried Detoxes That Didn't Work?** From clean eating to supplements, this test reveals whether toxins, not lifestyle, are holding you back.
- **Struggling with Skin Flares, Mood Swings, or Weight Changes?** Chemical and mold exposures can disrupt hormones, metabolism, and inflammation—this test connects the dots.
- **Recovering from Mold Exposure or Chronic Illness?** Identify toxicant burdens and impaired detox pathways that may slow healing or trigger relapse.
- **Looking to Prevent Long-Term Health Issues?** For those focused on proactive wellness, this test highlights early toxic stress that can impact immunity and aging.

## Take the First Step Towards Better Health

If you're dealing with fatigue, brain fog, skin issues, or unexplained symptoms, your toxic burden could be the missing link. The Total Tox Burden Panel delivers clear answers and personalized insights to help reduce exposures and restore balance from the inside out. Talk to your healthcare provider today and begin your journey to better detox, energy, and whole-body wellness!

### Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

### Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.