

# Organic Acids Test (OATS) - Patient Overview

## What Is the Organic Acids Test (OATS)?

The Organic Acids Test is a comprehensive, non-invasive urine test that provides insight into how your body is functioning at a cellular and metabolic level. It evaluates nutrient needs, digestive health, detoxification capacity, energy production, and neurotransmitter activity.

## Why Its Useful in Mental Health and Functional Medicine

OATS can help identify underlying imbalances that may contribute to emotional, cognitive, and physical symptoms. It looks at byproducts of gut bacteria and yeast, brain chemistry markers, mitochondrial function, and vitamin or antioxidant needs.

## How the Test Works

Uses a first-morning urine sample

Avoid supplements, vitamins, and herbs for 48 hours before collection

Done at home with a mailed kit and clear instructions

## What We Do With the Results

Once results return (typically 2-3 weeks), we use them to guide:

Nutritional and lifestyle changes

Targeted supplement support

Further evaluation or treatment as needed