



The Great Plains Laboratory, Inc.

William Shaw, Ph.D Director

11813 W. 77th Street, Lenexa, KS 66214

(913) 341-8949

Fax (913) 341-6207

Requisition #: 777543

Physician Name: JULIA CASSETTA

Patient Name: Robert Stehlin

Date of Collection: Feb 12, 2020

Date of Birth: Jul 9, 1963

Time of Collection: 07:00 AM

Gender: M

Print Date: Feb 21, 2020

Mycotox Profile

Creatinine Value: 133.98 mg/dl

Metabolite	Results (ng/g creatinine)	Normal Range *	Abnormal Range
------------	---------------------------	----------------	----------------

Aspergillus

Aflatoxin-M1	0.00	< 0.5	▲ 0.5
Ochratoxin A	11.96	< 7.5	▲ 7.5
Glilotoxin	0.00	< 200	▲ 200

Penicillium

Sterigmatocystin	0.00	< 0.4	▲ 0.4
Mycophenolic Acid	43.61	< 37.4	▲ 37.4

Stachybotrys

Roridin E	0.00	< 0.2	▲ 0.2
-----------	------	-------	-------

* The normal range was calculated using the median + 2 times the standard deviation

Testing performed by The Great Plains Laboratory, Inc., Lenexa, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. The test has not been evaluated by the U.S. Food and Drug Administration. The FDA does not currently regulate such testing.



William Shaw, Ph.D Director

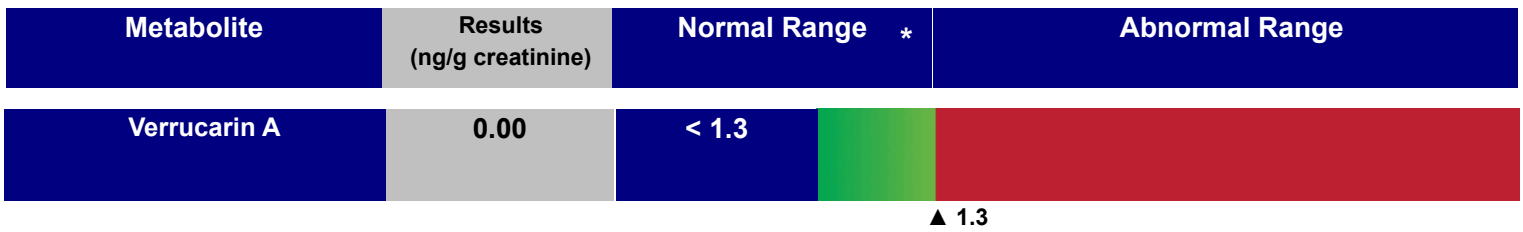
11813 W. 77th Street, Lenexa, KS 66214

(913) 341-8949

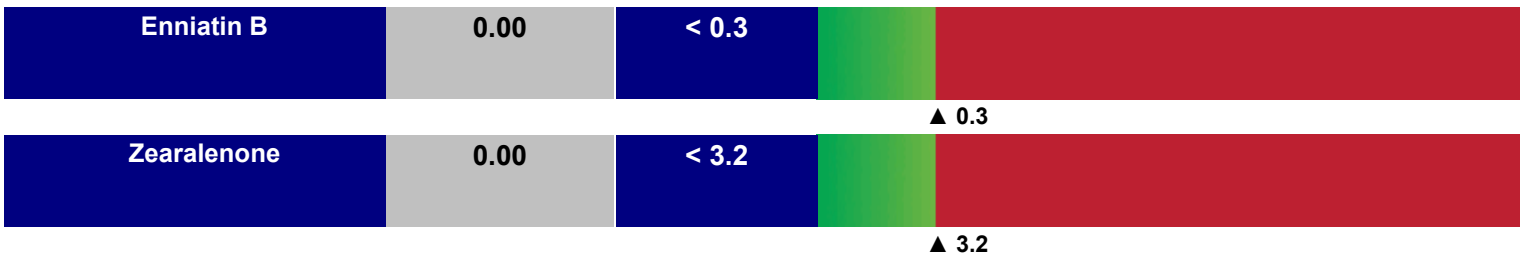
Fax (913) 341-6207

Requisition #: 777543 Physician Name: JULIA CASSETTA
Patient Name: Robert Stehlin Date of Collection: Feb 12, 2020
Date of Birth: Jul 9, 1963 Time of Collection: 07:00 AM
Gender: M Print Date: Feb 21, 2020

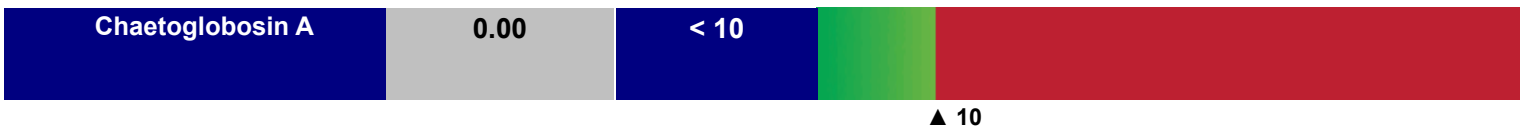
Mycotoxin Profile



Fusarium



Chaetomium globosum



Multiple Mold Species



* The normal range was calculated using the median + 2 times the standard deviation



The Great Plains Laboratory, Inc.

William Shaw, Ph.D Director

11813 W. 77th Street, Lenexa, KS 66214

(913) 341-8949

Fax (913) 341-6207

Requisition #:	777543	Physician Name:	JULIA CASSETTA
Patient Name:	Robert Stehlin	Date of Collection:	Feb 12, 2020
Date of Birth:	Jul 9, 1963	Time of Collection:	07:00 AM
Gender:	M	Print Date:	Feb 21, 2020

Ochratoxin: Ochratoxin A (OTA) is a nephrotoxic, immunotoxic, and carcinogenic mycotoxin. This chemical is produced by molds in the *Aspergillus* and *Penicillium* families. Exposure is done primarily through water damaged buildings. Minimal exposure can occur through contaminated foods such as cereals, grape juices, dairy, spices, wine, dried vine fruit, and coffee. Exposure to OTA can also come from inhalation exposure in water-damaged buildings. OTA can lead to kidney disease and adverse neurological effects. Studies have shown that OTA can lead to significant oxidative damage to multiple brain regions and is highly nephrotoxic. Dopamine levels in the brain of mice have been shown to be decreased after exposure to OTA. Some studies have hypothesized that OTA may contribute to the development of neurodegenerative diseases such as Alzheimer's and Parkinson's. Treatment should be aimed at removing the source of exposure. Agents such as oral cholestyramine, charcoal, and phenylalanine can help prevent the absorption of these toxins from food. Antioxidants such as vitamins A, E, C, NAC, rosmarinic acid, and liposomal glutathione alone or in combination have been shown to mitigate the oxidative effects of the toxin. Bentonite or zeolite clay is reported to reduce the absorption of multiple mycotoxins found in food, including OTA. Studies have also shown that OTA is present in sweat, which supports the use of sauna as a treatment to increase the excretion of OTA. The use of binders is recommended, take 1-2 capsules of G.I. Detox™*, 1-2x daily, 1 hour apart from food, supplements and medication as needed. To treat possible fungal infections caused by mold exposure patients can take pharmaceutical medications such as itraconazole or nystatin. Patients can also take 2 capsules of Candida Formula* 2x daily with food for 3 months, 2 hours apart from probiotics. Retesting is recommended after 3-6 months of treatment.

(PMID 17195275, 16293235, 27521635, 22069626, 24792326, 22253638, 16140385, 2467220, 16844142, 19148691, 22069658, 16019795, 18286403, 15781206, 11439224, 17092826, 32710148)

Mycophenolic Acid: Mycophenolic Acid (MPA) is an antifungal, antibacterial, and antiviral mycotoxin acid. It is produced by the *Penicillium* fungus. MPA is an immunosuppressant which inhibits the proliferation of B and T lymphocytes. MPA exposure can increase the risk of opportunistic infections such as clostridia and *Candida*. MPA is associated with miscarriage and congenital malformations when the woman is exposed in pregnancy. The use of binders is recommended, take 1-2 capsules of G.I. Detox™*, 1-2x daily, 1 hour apart from food, supplements and medication as needed. To treat possible fungal infections caused by mold exposure patients can take pharmaceutical medications such as itraconazole or nystatin. Patients can also take 2 capsules of Candida Formula* 2x daily with food for 3 months, 2 hours apart from probiotics. Retesting is recommended after 3-6 months of treatment.

(PMID: 858824, 28646113, 27809954, 27599910)

*These products can be purchased through New Beginnings Nutritionals, www.nbnus.com, 913-754-0458.