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How to Prepare for Your Mycotoxin Test

This urine test can be influenced by recent foods, supplements, exercise, and toxin-mobilizing practices. Use this guide to prepare for your first-morning collection.

1 One Week Before

- Mycotoxin excretion can increase significantly 4–6 hours after sauna.
- For the week before collection, sauna each evening and collect urine on the following **8th morning**.
- If sauna provocation makes you feel worse, stop the provocation and collect your urine the following morning.
- Discontinue all forms of **glutathione and/or NAC** for one week before collection.
- Discontinue all **binders** for one week: charcoal, clay, humic/fulvic products, pectin, etc.

2 Avoid These Supplements

- *Saccharomyces boulardii*
- Medicinal mushrooms
- Binders
- Red yeast rice

Timing: Avoid these as directed for the preparation period above; glutathione/NAC and binders should be stopped for one full week.

3 Avoid These Foods & Beverages for 3 Days

- Yeast: baker's, brewer's & nutritional
- Leavened bread
- Aged or moldy cheeses
- Dried fruits
- Mushrooms
- Peanuts & peanut butter
- Potatoes
- Cantaloupe
- Grapes
- Corn
- Pickles & pickled foods
- Vinegar
- Soy sauce
- Oolong & black tea
- Coffee that is not tested for mold
- Alcoholic beverages
- Fermented beverages such as cider or kombucha

4 Morning of Collection

- Collect the sample from your **first morning urine**.
- Avoid eating or drinking beforehand.
- Avoid exercise.
- Avoid a hot shower.
- Avoid intercourse.

Plan ahead: The preparation window for this test is longer than the collection itself. Review these steps at least one week before you intend to collect.