

Test kit: Organic acids

ORY ANALYSIS – URINE TEST



The diagnostic value of organic acids

Organic acids are an intermediate product of metabolism and provide a deep insight into biochemical metabolic processes.

The determination of organic acids in urine provides an overview of the extent to which nutrients ingested with food can be utilized and converted into energy (ATP).

What does this test examine?

- Mitochondrial energy production disorders
- neurotransmitter/metabolic disorders
- impairment of vitamin B metabolism
- oxidative damage, nitro stress
- detoxification disorders
- microbial overgrowth of the intestine
- deficiencies of nutrients, amino acids, alpha lipoic acid and coenzyme Q10

When is this examination useful?

- chronic fatigue, exhaustion
- headaches and migraines
- concentration disorders, memory disorders
- sleep disorders, depression, anxiety
- muscle pain
- cardiovascular diseases
- intestinal and liver diseases
- glucose metabolism disorders
- multiple chemical intolerance

TEST INSTRUCTIONS:



CHECK

- Requirement sheet
- Instructions for performance
- 1 urine tube
- 1 transfer pipette
- 1 transport tube
- mailing box + adhesive tape for secure sealing



REQUIREMENTS

- do not eat fish and seafood 2 days before the start of the test
- do not consume bananas, cheese, almonds, nuts, green or black tea, vanilla or vanilla-containing products, cocoa, alcohol, coffee or caffeinated drinks, energy drinks, nicotine the night before
- do not exercise in the morning and remain fasting until urine is collected
- water and fruit tea are allowed



TEST INSTRUCTION

- for the test the **second morning urine** is needed (the first morning urine is the urine after getting up, the second morning urine is collected at least 2-4 hours later in the morning - not before!)
- Please use **midstream urine** (Urine is obtained without interrupting urination by having the patient hold the collection cup in the urine stream. This should be filled about halfway). The first and last part of the urine is not collected.
- Using the enclosed pipette, fill the centrifuge tube to the mark at the top, approximately 5mm below the closed lid. Please make sure that the stabilizer substance (small filter) remains in the tube.
- Then swirl the tube briefly (do not shake).
- The tube does not need to be labeled as it is already barcoded with your data.



PACKING AND SHIPPING

Please put the urine tube into the transport tube and this together with the completed request form into the shipping bag and bring it to the mailbox or post office. Shipping envelope does not need to have postage added.



Important note: Please do not ship on Friday (weekend) or before holidays!

Done! You will receive an e-mail when your results are in.



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