



INTESTINAL PERMEABILITY - Test Code 2011



Turnaround Time: 5 business days



Specimen Type: Intestinal Permeability Test Kit - Urine

Description

Intestinal permeability testing, often referred to as the "leaky gut" test, evaluates the integrity of the intestinal barrier and its ability to prevent harmful substances from passing into the bloodstream. This test typically involves measuring the levels of specific sugars in a urine sample after consuming a solution containing two different sugars, usually mannitol and lactulose. Mannitol, a small sugar molecule, is easily absorbed in a healthy intestine, while lactulose, a larger sugar, is only absorbed when the intestinal barrier is compromised.

When intestinal permeability is increased, larger molecules can leak into the bloodstream, potentially triggering an immune response and contributing to various health issues, including inflammatory bowel disease, food sensitivities, and autoimmune conditions (Di Vincenzo et al., 2024). By assessing the absorption of these sugars, healthcare providers can gain insights into the health of the intestinal lining and the potential for permeability issues.

Understanding your intestinal permeability can be a vital step in addressing digestive concerns and overall health (Di Vincenzo et al., 2024). If you are experiencing symptoms like bloating, fatigue, or food sensitivities, discussing this test with your healthcare provider may be beneficial, as it can help identify underlying factors contributing to your symptoms.

Whats included?

- Lactulose % recovery
- Mannitol % recovery
- Lactulose/Mannitol ratio

Conditions and Symptoms

- Bloating
- Increased flatulence and burping
- Diarrhoea or Constipation
- Food Sensitivities
- Low energy levels
- Rashes, eczema, or acne
- Joint Pain
- Anxiety, depression, or brain fog

Complementary Testing

- Advanced Microbiome Mapping (Test code 2211)
- Thyroid Profile - Extensive (Test code 1114)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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*See NATA and CLIA website for further details