



URINE ELEMENTS - Test Code 1509



Turnaround Time : 7 business days



Specimen Type: Spot Urine

Description

The minerals and metals urine test provides a valuable assessment of your body's nutritional status and exposure to harmful substances. This test measures essential minerals, such as calcium, magnesium, and potassium, which are vital for numerous bodily functions, including bone health, muscle contraction and metabolic regulation (Tardy et al., 2020).

Additionally, it detects potentially toxic metals like lead, mercury and arsenic, which can pose serious health risks if accumulated in the body (Yang & Wang, 2022). Elevated levels of these metals may lead to symptoms such as fatigue, headaches, and neurological issues, highlighting the importance of monitoring exposure, especially in high-risk environments (Yang & Wang, 2022).

Urine testing is a non-invasive method that reflects recent dietary intake and environmental exposure, making it an effective tool for identifying mineral imbalances and assessing potential toxicity. Individuals experiencing unexplained symptoms, chronic health conditions, or those concerned about their mineral status should consider this test. By understanding your mineral and metal levels, you and your healthcare provider can develop personalised strategies to improve your health and wellbeing.

Whats included?

- Iodine, Bromine, Selenium, Arsenic, Cadmium, Lithium, Mercury

Conditions and Symptoms

- Thyroid disorders
- Fatigue
- Headaches
- Memory issues
- Preconception
- Skin disorders

Complementary Testing

- Oestrogen Essential Dried Urine (Test Code 1506)
- Iodine Loading Test (Test code 5015)

Accreditations Include:

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



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For more information
scan the QR code



*See NATA and CLIA website for further details