

26248-0009

**Dr Test Doctor** ( Test Doctor ) Test Clinic. 123 Test Street, Test Suburb Victoria 3125

**Patient ID** P000060  
**Ext ID** 26248-0009

## Test Patient

Sex: Female • 56yrs • 01-Jan-70  
123 Home Street, Test Suburb VIC 3125

RECEIVED  
05-Sep-26

## Clinical Notes .

## Mycotoxins, Extensive

**Specimen type - Urine, Spot**

Collected

05-Sep-26

| AFLATOXINS GROUP |        |     |                                                                                                                |           |        |  |
|------------------|--------|-----|----------------------------------------------------------------------------------------------------------------|-----------|--------|--|
| TEST             | RESULT | H/L |                                                                                                                | REFERENCE | UNITS  |  |
| Aflatoxin B1     | 1.33   |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<3.50)   | ng/gCR |  |
| Aflatoxin B2     | 0.65   |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<5.30)   | ng/gCR |  |
| Aflatoxin G1     | <DL    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<2.20)   | ng/gCR |  |
| Aflatoxin G2     | <DL    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<6.50)   | ng/gCR |  |
| Aflatoxin M1     | <DL    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<4.70)   | ng/gCR |  |
| Sterigmatocystin | <DL    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<0.40)   | ng/gCR |  |

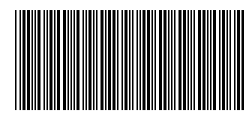
| GLIOTOXINS GROUP     |        |     |                                                                    |           |        |
|----------------------|--------|-----|--------------------------------------------------------------------|-----------|--------|
| TEST                 | RESULT | H/L |                                                                    | REFERENCE | UNITS  |
| Gliotoxin derivative | 127.00 |     | <div><div></div><div></div><div></div><div></div><div></div></div> | (<180.00) | ng/gCR |

[illegible]

| TRICHOTHECENES - Type A |        |     |                                                                                       |           |        |  |
|-------------------------|--------|-----|---------------------------------------------------------------------------------------|-----------|--------|--|
| TEST                    | RESULT | H/L |                                                                                       | REFERENCE | UNITS  |  |
| ● Diacetoxyscirpenol    | <DL    |     |  | (<2.800)  | ng/gCR |  |
| ● HT-2 Toxin            | <DL    |     |  | (<5.20)   | ng/gCR |  |
| ● T-2 Toxin             | <DL    |     |  | (<0.500)  | ng/gCR |  |

| TRICHOTHECENES - Type B |        |     |                                                                                                                           |           |        |
|-------------------------|--------|-----|---------------------------------------------------------------------------------------------------------------------------|-----------|--------|
| TEST                    | RESULT | H/L |                                                                                                                           | REFERENCE | UNITS  |
| Deoxynivalenol          | <DL    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<15.00)  | ng/gCR |
| Nivalenol               | 0.66   |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (<3.70)   | ng/gCR |

[illegible]



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| TEST         | RESULT | H/L |  | REFERENCE | UNITS  |
|--------------|--------|-----|--|-----------|--------|
| Satratoxin G | 0.46   | H   |  | (<0.30)   | ng/gCR |
| Satratoxin H | <DL    |     |  | (<0.40)   | ng/gCR |
| Verrucarin A | 0.93   |     |  | (<1.60)   | ng/gCR |
| Verrucarin J | <DL    |     |  | (<2.50)   | ng/gCR |

## ZEARALENONE GROUP

[illegible]

## MYCOTOXINS GROUP - Other

| TEST              | RESULT | H/L |                                                         | REFERENCE | UNITS  |
|-------------------|--------|-----|---------------------------------------------------------|-----------|--------|
| Alternariol       | 0.42   |     | <div><div></div><div></div><div></div><div></div></div> | (<1.50)   | ng/gCR |
| Chaetoglobosin A  | <DL    |     | <div><div></div><div></div><div></div><div></div></div> | (<9.80)   | ng/gCR |
| Citrinin          | <DL    |     | <div><div></div><div></div><div></div><div></div></div> | (<5.20)   | ng/gCR |
| Enniatin B1       | 0.16   |     | <div><div></div><div></div><div></div><div></div></div> | (<0.50)   | ng/gCR |
| Fumonisin B1      | 3.15   | H   | <div><div></div><div></div><div></div><div></div></div> | (<2.20)   | ng/gCR |
| Fumonisin B2      | 2.21   |     | <div><div></div><div></div><div></div><div></div></div> | (<2.50)   | ng/gCR |
| Fumonisin B3      | 0.60   |     | <div><div></div><div></div><div></div><div></div></div> | (<4.20)   | ng/gCR |
| Mycophenolic Acid | <DL    |     | <div><div></div><div></div><div></div><div></div></div> | (<2.50)   | ng/gCR |
| Patulin           | <DL    |     | <div><div></div><div></div><div></div><div></div></div> | (<7.50)   | ng/gCR |

[illegible]

### Mycotoxins Comment

TRICHOOTHECENES GROUP ELEVATED (URINE):

Elevated urinary trichothecenes indicate exposure to highly cytotoxic mycotoxins produced by *Fusarium*, *Stachybotrys*, and related species. These compounds are potent inhibitors of protein synthesis and are commonly associated with water-damaged buildings and contaminated grains.

Clinically, trichothecene exposure is associated with prominent inflammatory and neurological symptoms, including headaches, fatigue, cognitive dysfunction, mucosal irritation, gastrointestinal disturbance, and immune dysregulation. Trichothecenes are considered among the more clinically aggressive mycotoxins.

From a functional medicine perspective, management requires urgent identification and removal of environmental exposure, particularly from indoor mould sources. Supportive strategies may include inflammatory modulation, antioxidant support, gut barrier protection, and carefully titrated binders under clinical supervision. Due to their potency, treatment should be individualised and paced to avoid symptom exacerbation.

FUMONISIN B1 (FB1) ELEVATED:

Description: A neurotoxic and hepatotoxic mycotoxin from *Fusarium* species, typically contaminating corn. It disrupts sphingolipid metabolism and cellular membranes.

Symptoms: Neurocognitive symptoms, hepatic enzyme elevations, GI disturbances.



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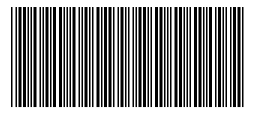
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Treatment: Avoid corn-based products, methylation support (B12, folate), liver and neurological detox support.



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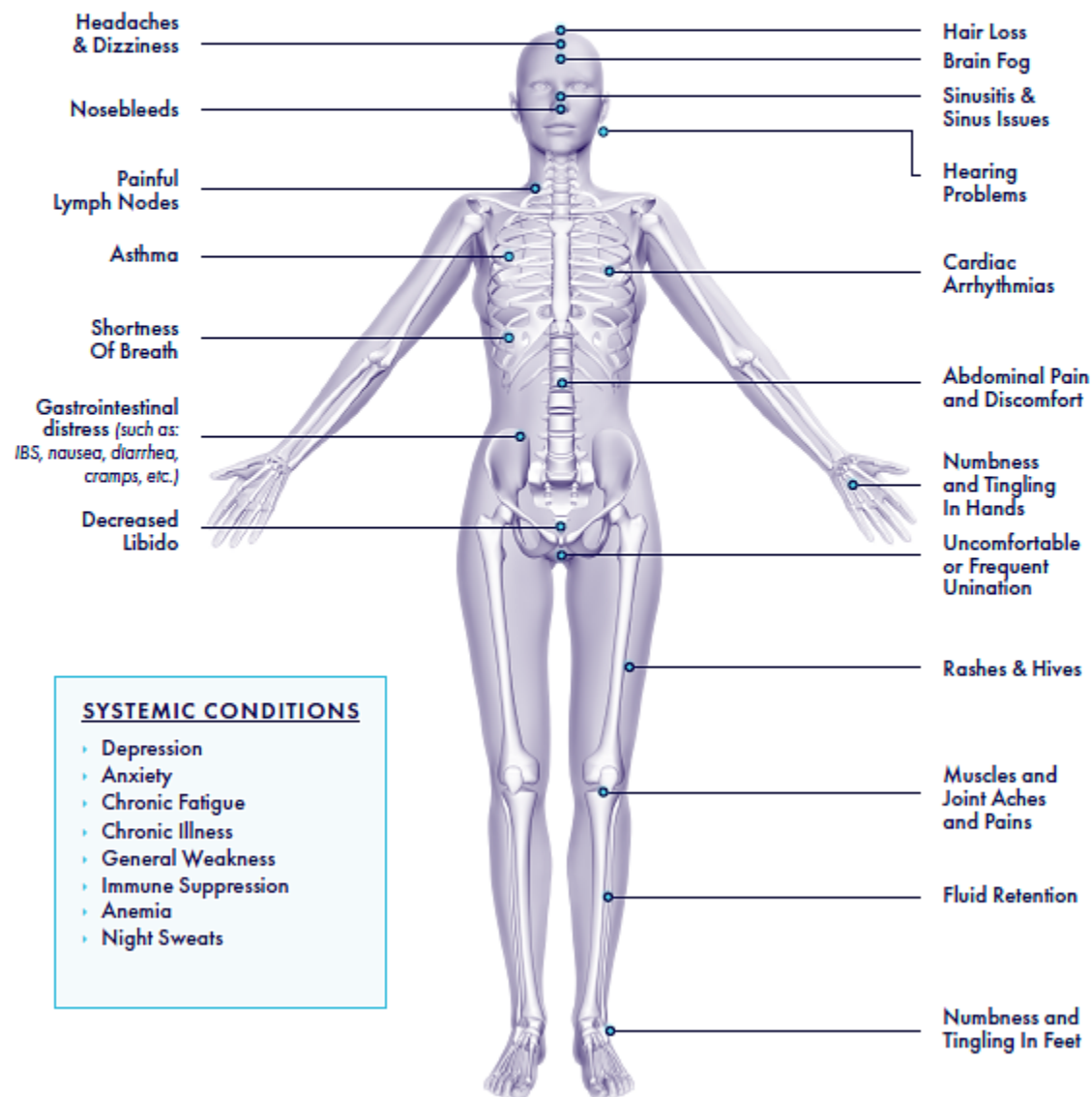
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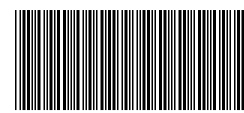
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# SYMPTOMS OF Mycotoxins





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| MYCOTOXIN           | Cellular Activity of Mycotoxins                                 | Symptoms/Other                                                                      | Association with a "Disease State"                                  |
|---------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| <b>AFLATOXINS</b>   |                                                                 |                                                                                     |                                                                     |
| Aflatoxin B1        | Binds DNA and RNA replication                                   | Shortness of breath, Weight loss, most potent and highly carcinogenic               | Primarily attacks the liver, other organs include kidneys and lungs |
| Aflatoxin B2        | Inhibits DNA and RNA replication                                | Impaired fetal growth                                                               | Affects the liver and kidneys                                       |
| Aflatoxin G1        | Cytotoxic, induces apoptosis in cells, DNA damage               | A. flavus is a leading cause of invasive aspergillus in immune compromised patients | Cancer, neonatal jaundice                                           |
| Aflatoxin G2        | Cancer, neonatal jaundice                                       | Aflatoxicosis in humans and animals                                                 | Malnutrition, Lung cancer                                           |
| <b>OCHRATOXIN A</b> |                                                                 |                                                                                     |                                                                     |
| Ochratoxin A        | Inhibits mitochondrial ATP, potent teratogen, immune suppressor | Fatigue, Dermatitis, Irritated bowel                                                | Kidney disease, Cancer                                              |
| <b>MACROCYCLIC</b>  | <b>TRICHOTHECENES</b>                                           |                                                                                     |                                                                     |
| Satratoxin G        | DNA, RNA and Protein synthesis inhibition                       | Fatigue                                                                             | Bleeding disorders, Nervous system disorders                        |
| Satratoxin H        | Inhibits protein synthesis                                      | Fatigue                                                                             | Breathing issues                                                    |
| Isosatratoxin F     | Immunosuppression                                               | Weakened Immune System                                                              |                                                                     |
| Roridin A           | Immunosuppression                                               | Weakened Immune System                                                              | -                                                                   |
| Roridin E           | DNA, RNA and Protein synthesis disruption                       | Weakened Immune System                                                              | Lung and Nasal olfactory problems                                   |
| Roridin H           | Inhibits protein synthesis                                      | Weakened Immune System                                                              | -                                                                   |
| Roridin L-2         | Immunosuppression                                               | Weakened Immune System                                                              | -                                                                   |
| Verrucarin A        | Immunosuppression                                               | -                                                                                   | -                                                                   |
| Verrucarin J        | Immunosuppression                                               | -                                                                                   | -                                                                   |
| <b>GLIOTOXIN</b>    | <b>DERIVATIVE</b>                                               |                                                                                     |                                                                     |
| Gliotoxin           | Attacks intracellular function in immune system                 | Memory and Breathing issues                                                         | Immune Dysfunction disorders                                        |
| <b>ZEARALENONE</b>  |                                                                 |                                                                                     |                                                                     |
| Zearalenone         | Estrogen mimicry                                                | Early puberty, low sperm counts, cancer                                             | Cancer                                                              |

## Methodology

Liquid Chromatography-Mass Spectrometry (LC-MS/MS/MS), Automated Chemistry/Immunochemistry