



DEEPCARE

AT-HOME KIT

MycoTOX Profile

A urine panel that detects exposure to mycotoxins. The metabolic by-products of moulds in water-damaged buildings, contaminated foods, and the environments we inhabit.

PRICE

TURNAROUND

SAMPLE

CHF 439

14 ±5 days

Urine

WHAT THIS MEASURES

11 mycotoxin metabolites, four mould families.

Moulds produce a small set of toxic small molecules (mycotoxins) that the body partly clears through urine. MycoTOX uses LC/MS at parts-per-trillion sensitivity to detect those metabolites and infer which mould families the body has been processing in the recent weeks.

**Aspergillus /
Penicillium**

Aflatoxin M1, Ochratoxin A, Mycophenolic acid, Sterigmatocystin, Citrinin. Common food and indoor sources.

Fusarium

Zearalenone, Enniatin B. Common cereal-grain contaminants and animal-feed mould.

**Stachybotrys
(black mould)**

Trichothecene metabolites (Roridin E, Verrucarin A). Marker of water-damaged-building exposure.

**Immune-
modulating &
other**

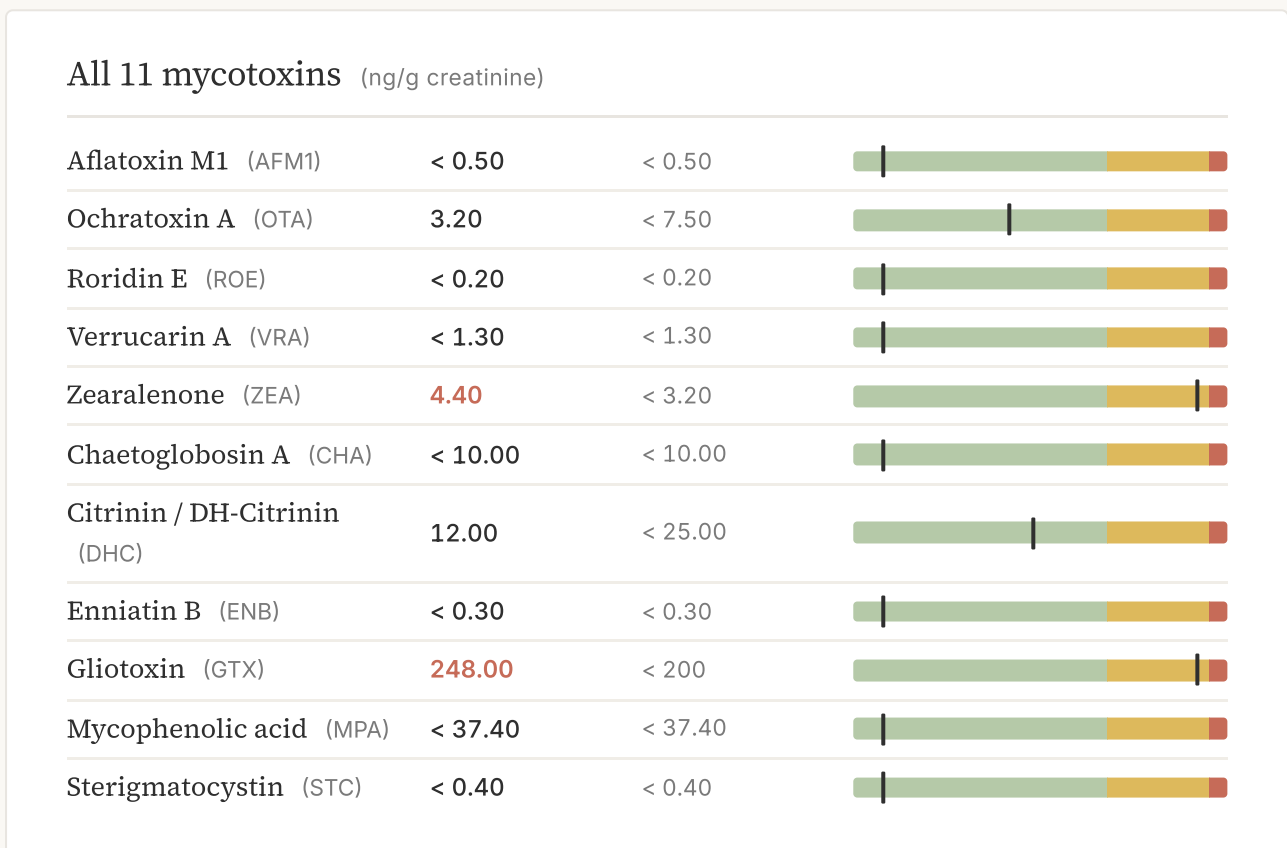
Gliotoxin (Aspergillus, immune-suppression marker), Chaetoglobosin A (Chaetomium, often co-occurs with Stachybotrys in water damage).

WHAT THE REPORT LOOKS LIKE

All eleven metabolites, one bar each.

Each metabolite has an upper-limit threshold. Below threshold sits in the green zone; detected above clinical relevance sits in the brick zone. Below is the complete 11-metabolite panel for a representative sample (not a real patient) showing a moderate-exposure pattern.

■ Below threshold
 ■ Borderline
 ■ Above threshold



Five things to notice.

Mycotoxin reports are deceptively easy to over-read. A detection does not always mean a clinical problem, and a negative does not always mean no exposure (mycotoxins are transient and the urine window is narrow). These are the five orientation cues.

- 1 The threshold column.** Thresholds are set in **parts per trillion** because trace exposures matter for some markers (trichothecenes, gliotoxin). What looks like a tiny number is the lab's clinical floor for action.
- 2 Detection over presence.** A tick in the **green zone** means below clinical threshold. Often a low background exposure that the body is clearing. **Brick zone** means a level that warrants follow-up.
- 3 Dietary vs environmental.** **Ochratoxin A** and **zearalenone** commonly come from food (coffee, wine, cereals, peanuts). **Trichothecenes** from *Stachybotrys* point to environmental exposure. Usually a water-damaged building.
- 4 Gliotoxin reads immune-modulating.** **Gliotoxin** is produced by *Aspergillus* and is actively immune-suppressing. Persistent detection often correlates with recurrent infections, fatigue, and autonomic dysregulation.
- 5 This is exposure, not infection.** MycoTOX measures what the body has been clearing, not whether you have an active mould infection. Suspected invasive mould (CIRS, sinus aspergilloma, lung colonisation) is a separate clinical workup with your physician.

READING THE REPORT

With help, in one hour.

Every MycoTOX kit at Deepcare includes a 60-minute video consultation with Dimitris Messinis, PhD. He walks through the panel with you, decides what is worth acting on, considers whether the detections fit a dietary or environmental pattern, and discusses whether neurofeedback, biofeedback, or photobiomodulation sessions would help where chronic exposure has pulled on cognitive load, sleep, or autonomic regulation.

- If trichothecenes read positive, the first step is environmental. Locating and remediating a water-damaged source. Before any supplement or binder protocol.
- If Ochratoxin A or zearalenone read positive in isolation, the first step is a diet review (coffee, wine, cereals, peanuts) before assuming environmental source.
- If multiple toxins read positive across families, the picture is systemic exposure. The Health Map call frames it as an exposure-history conversation, not a single-marker fix.

*We do not recommend reading this report on your own.
Mycotoxin panels are easy to over-interpret in both
directions.*

COLLECTION AT HOME

Five steps.

First-morning urine is the most concentrated and gives the best signal. A 24-hour diet prep reduces false positives from common food sources. Once you have the sample, ship same-day.



STEP 01

Diet prep, 24 hours before

Avoid coffee, wine, beer, peanuts, cereals, dried fruit, and corn for the 24 hours before collection. These are common dietary sources of Ochratoxin A and zearalenone and can produce transient false positives.



STEP 02

First-morning urine

Collect the first urine of the day, before drinking water. This sample is the most concentrated and gives the cleanest mycotoxin reading.



STEP 03

Transfer to the supplied vial

About 50 mL of urine into the vial. Cap firmly. The vial contains a preservative; no need to refrigerate before transfer.



STEP 04

Refrigerate if shipping later

If you cannot ship the same morning, refrigerate the sealed vial (not the freezer). Mycotoxin metabolites are stable cold for up to 48 hours.



STEP 05

Ship same day if possible

Place the vial in the supplied insulated bag and ship via the prepaid DHL label. Shipping same-day is the simplest and most reliable.

ABOUT THE METHOD

LC/MS at parts-per-trillion.

The lab is Mosaic Diagnostics in Kansas, USA (formerly Great Plains Laboratory). The instrument is liquid chromatography mass spectrometry (LC/MS), which is the standard for environmental mycotoxin detection and operates at parts-per-trillion sensitivity for the targeted metabolites.

LC/MS is the same technology used in clinical toxicology, forensic chemistry, and food safety testing. Mosaic Diagnostics is CLIA-certified and has published validation data for the panel.

Methodology references available on request. Mycotoxin literature in environmental, occupational, and indoor-air health.

What this does not show

Detection of a mycotoxin in urine indicates recent exposure and partial clearance. It does not by itself indicate active mould infection, severity of past exposure, or current body burden. Suspected invasive mould (sinus aspergilloma, lung colonisation, immunosuppression-related infection) is a clinical workup that belongs with a specialist. The Health Map call frames the findings honestly; clinical follow-up is referred where warranted.

WHAT HAPPENS NEXT

Four steps from order to consultation.

TODAY

Order on deepcare.ch

Pay through the Stripe checkout linked from /kits. Confirmation arrives by email within minutes.

WITHIN 3
WORKING
DAYS

Kit ships

A small box arrives with the collection vial, instructions, the prepaid DHL return label, and the diet-prep card.

ONE
MORNING, ON
YOUR
SCHEDULE

Collect and ship

Diet prep the day before. First-morning sample. About ten minutes of your time.

14 DAYS
AFTER
ARRIVAL (± 5)

Results + Health Map call

We invite you to book a 60-minute video consultation with Dimitris when your report is in. You leave with a written priority list.

Order this kit

deepcare.ch/kits