DEEPCARE

AT-HOME KIT

Organic Acids Test (OAT)

A urine profile of metabolic byproducts from Mosaic Diagnostics. It covers 76 report markers, including two calculated ratios, plus urine creatinine. Collection at home and your written Health Map are included.

LABORATORY	TURNAROUND	SAMPLE
Mosaic Diagnostics	About 21 days	First-morning urine

WHAT THIS MEASURES

76 report markers plus creatinine

Organic acids are small compounds produced as the body and microbes process food and other substances. The panel groups them by biochemical pathway. Diet and supplements can also affect the amounts excreted.

Microbial and food-related compounds	Arabinose and other urine compounds influenced by food or microbial activity.
Energy pathways	Products of glucose and fat metabolism, with intermediates from the citric acid cycle.
Messenger breakdown products	Urinary products from the breakdown of dopamine, noradrenaline and serotonin.
Nutrient-related compounds	Compounds linked to vitamin metabolism, together with vitamin C measured in urine.
Other organic acids	Oxalate-related, pyrimidine and amino-acid compounds, with additional pathway products.
Urine concentration	Creatinine is used to express the other measurements relative to the concentration of the urine sample.

WHAT THE REPORT LOOKS LIKE

The sample laboratory measurements.

Synthetic example values, with no real patient data. Comparison intervals are from the public Mosaic adult-female sample, March 2026 Rev 4; they vary with age and sex. Ratios have no unit; creatinine is in mg/dL.



Microbial and food-related compounds (mmol/mol creatinine)

Citramalic acid (1)	2.16	≤ 3.6	
5-Hydroxymethyl-2-furoic acid (2)	8.4	≤ 14	
3-Oxoglutaric acid (3)	0.198	≤ 0.33	
Furan-2,5-dicarboxylic acid (4)	9.6	≤ 16	
Furancarbonylglycine (5)	1.14	≤ 1.9	
Tartaric acid (6)	2.7	≤ 4.5	
Arabinose (7)	17.4	≤ 29	
Carboxycitric acid (8)	17.4	≤ 29	
Tricarballylic acid (9)	0.264	≤ 0.44	

Within comparison interval · Near interval edge · Outside comparison interval

Microbial and food-related compounds (mmol/mol creatinine)

Hippuric acid (10)	368	≤ 613
2-Hydroxyphenylacetic acid (11)	0.33	0.06 – 0.66
4-Hydroxybenzoic acid (12)	0.78	≤ 1.3
4-Hydroxyhippuric acid (13)	8.08	0.79 – 17
DHPPA (14)	0.228	≤ 0.38
4-Hydroxyphenylacetic acid (15)	11.4	≤ 19
HPHPA (16)	125	≤ 208
4-Cresol (17)	45	≤ 75
3-Indoleacetic acid (18)	6.6	≤ 11

Oxalate-related compounds (mmol/mol creatinine)

Glyceric acid (19)	3.57	0.77 – 7.0
Glycolic acid (20)	61.5	16 – 117
Oxalic acid (21)	49.2	6.8 – 101

Products of glucose metabolism (mmol/mol creatinine)

Lactic acid (22)	28.8	≤ 48
Pyruvic acid (23)	5.46	≤ 9.1

Within comparison interval · Near interval edge · Outside comparison interval

Energy-pathway compounds (mmol/mol creatinine)

Succinic acid (24)	5.58	≤ 9.3	
Fumaric acid (25)	0.564	≤ 0.94	
Malic acid (26)	0.843	0.06 – 1.8	
2-Oxoglutaric acid (27)	21	≤ 35	
Aconitic acid (28)	16.3	6.8 – 28	
Citric acid (29)	304	≤ 507	
3-Methylglutaric acid (30)	0.456	≤ 0.76	
3-Hydroxyglutaric acid (31)	3.72	≤ 6.2	
3-Methylglutaconic acid (32)	2.7	≤ 4.5	

Within comparison interval · Near interval edge · Outside comparison interval

Messenger breakdown and tryptophan products (metabolites: mmol/mol creatinine; ratios: unitless)

Homovanillic acid (HVA) (33)	2.06	0.80 – 3.6	
Vanillylmandelic acid (VMA) (34)	1.92	0.46 – 3.7	
HVA/VMA ratio (35)	1.07 unitless	0.16 – 1.8	
Dihydroxyphenylacetic acid (DOPAC) (36)	1.62	0.08 – 3.5	
HVA/DOPAC ratio (37)	1.27 unitless	0.10 – 1.8	
5-Hydroxyindoleacetic acid (5-HIAA) (38)	2.58	≤ 4.3	
Quinolinic acid (39)	2.22	0.85 – 3.9	
Kynurenic acid (40)	1.32	≤ 2.2	

Within comparison interval · Near interval edge · Outside comparison interval

Pyrimidine compounds (mmol/mol creatinine)

Uracil (41)	5.82	≤ 9.7	
Thymine (42)	0.336	≤ 0.56	

Ketones and fatty-acid products (mmol/mol creatinine)

3-Hydroxybutyric acid (43)	1.86	≤ 3.1	
Acetoacetic acid (44)	6	≤ 10	
Ethylmalonic acid (45)	1.5	0.44 – 2.8	
Methylsuccinic acid (46)	1.05	0.10 – 2.2	
Adipic acid (47)	1.73	0.04 – 3.8	
Suberic acid (48)	1.09	0.18 – 2.2	
Sebacic acid (49)	0.144	≤ 0.24	

Within comparison interval · Near interval edge · Outside comparison interval

Nutrient-related compounds (mmol/mol creatinine)

Methylmalonic acid (50)	1.38	≤ 2.3	
Pyridoxic acid (51)	20.4	≤ 34	
Pantothenic acid (52)	6	≤ 10	
Glutaric acid (53)	0.184	0.04 – 0.36	
Ascorbic acid (54)	95.5	10 – 200	
3-Hydroxy-3-methylglutaric acid (55)	17.6	0.17 – 39	
N-Acetylcysteine (NAC) (56)	0.168	≤ 0.28	
Methylcitric acid (57)	1.32	0.19 – 2.7	

Glutathione and other pathway products (mmol/mol creatinine)

Pyroglutamic acid (58)	20.4	10 – 33	
2-Hydroxybutyric acid (59)	0.827	0.03 – 1.8	
Orotic acid (60)	0.276	0.06 – 0.54	
2-Hydroxyhippuric acid (61)	0.78	≤ 1.3	

Within comparison interval · Near interval edge · Outside comparison interval

Amino-acid and other organic acids (mmol/mol creatinine)

2-Hydroxyisovaleric acid (62)	1.2	≤ 2.0
2-Oxoisovaleric acid (63)	1.26	≤ 2.1
3-Methyl-2-oxovaleric acid (64)	1.2	≤ 2.0
2-Hydroxyisocaproic acid (65)	1.2	≤ 2.0
2-Oxoisocaproic acid (66)	1.2	≤ 2.0
2-Oxo-4-methiolbutyric acid (67)	1.2	≤ 2.0
Mandelic acid (68)	1.2	≤ 2.0
Phenyllactic acid (69)	1.2	≤ 2.0
Phenylpyruvic acid (70)	1.2	≤ 2.0
Homogentisic acid (71)	1.2	≤ 2.0
4-Hydroxyphenyllactic acid (72)	1.2	≤ 2.0
N-Acetylaspartic acid (73)	22.8	≤ 38
Malonic acid (74)	5.82	≤ 9.7
4-Hydroxybutyric acid (75)	2.88	≤ 4.8

Within comparison interval · Near interval edge · Outside comparison interval

Phosphate (mmol/mol creatinine)

Phosphoric acid (76)	2.8e+03	1000 – 5000	

Urine concentration (mg/dL)

Creatinine (77)	45	No interval given

HOW TO READ THE CHART

Reading the measurements.

The Deepcare sample uses synthetic values and explains the 76 numbered panel markers plus creatinine in your language. The current public Mosaic sample report includes two calculated ratios among those 76 markers. Laboratory reference intervals vary with age and sex. The included written Health Map is available in English, French or German; laboratory report language depends on fulfilment.

1. **The name.** Each row identifies the element, organism, hormone or compound measured.
2. **The unit.** The unit states how the laboratory expresses the measurement.
3. **The result.** This column gives the measurement for the submitted sample.
4. **The comparison interval.** The laboratory interval appears beside the result.
5. **Your written report.** Your questionnaire answers and email exchanges provide the information used for your personalised Health Map report.

YOUR INCLUDED HEALTH MAP

A personalised written report.

Every Deepcare kit includes a written Health Map report. It is prepared from personalised questionnaires, your results and email exchanges.

- After payment, the first personalised questionnaire arrives by email.
- Follow-up questions come by email or a further questionnaire when needed.
- The final report is written in your language: English, French or German.
- You receive it within 3 working days of your answers to the last questionnaire.

> *A written explanation you can keep and share with your GP.*

COLLECTION AT HOME

Collecting and freezing your sample.

Arrange the return before collection and follow the instructions supplied with your kit.

STEP 01

Prepare and label

Follow the instructions supplied with your kit. For the 48 hours before collection, avoid apples, grapes, pears, cranberries and their products, plus arabinogalactan, echinacea, reishi and ribose supplements. The kit instructions also specify no glutathione supplements for 72 hours. Discuss changes to medicines or supplements with your healthcare professional. Do not collect during menstruation. Adults should limit fluid intake after 18:00 the evening before collection to avoid a diluted sample, and empty their bladder before bed.

STEP 02

Collect morning urine

Collect at least 10 mL before eating or drinking. Label the container with your name, date of birth, collection date and time.

STEP 03

Freeze both completely

Seal the specimen and gel pack in the supplied biohazard bag. Freeze both completely, usually about 6 hours, and leave them in the freezer until packing.

STEP 04

Dispatch promptly

Dispatch as soon as possible, preferably within 48 hours of collection. Use the thermal envelope, box and return bag provided. Complete the supplied customs forms for a return from Switzerland or Liechtenstein.

ABOUT THE METHOD

Gas chromatography and mass spectrometry.

Mosaic Diagnostics uses GC-MS to separate and measure compounds in the urine sample. Creatinine is measured separately to account for differences in urine concentration.

The Organic Acids Test asks which metabolic byproducts are present in your urine and in what amounts. People usually order OAT when they want a broad urine-metabolite profile to discuss alongside existing results. Diet, supplements and gut microbes can change these measurements. The test does not diagnose a deficiency or disease; your Health Map reads it with your questionnaire answers and any other results you share.

See the kit page on deepcare.ch for the full marker list and scientific references.

WHAT HAPPENS NEXT

How ordering works

TODAY

Order on deepcare.ch

Pay by card or TWINT. Your first personalised questionnaire arrives by email.

2 TO 3 WORKING DAYS

Kit ships

Delivery to Switzerland, Liechtenstein and every EU country in 2 to 3 working days. The collection materials and sample return are included.

MORNING COLLECTION; FREEZING USUALLY 6 HOURS

Preparation for dispatch

Collect at least 10 mL of first-morning urine before eating or drinking. Freeze the sealed specimen and gel pack completely, usually about 6 hours, and keep them frozen until packing. Dispatch as soon as possible, preferably within 48 hours of collection, in the supplied thermal envelope and return box.

AFTER THE FINAL QUESTIONNAIRE ANSWERS

Your written Health Map

You receive it within 3 working days of your answers to the last questionnaire.

Order this kit

deepcare.ch/kits/organic-acids-test