

Environmental Toxins

At Home

Urine

Key Clinical Messages

What is the Environmental Toxins Test?

The Environmental Toxins Test is a urine-based panel that assesses exposure to 38 toxicants from environmental sources. It identifies stored toxins that may contribute to chronic illness, inflammation, and detox impairment.

- Detects chemicals including plasticizers, pesticides, herbicides, preservatives, VOCs, and industrial byproducts.
- Links chemical exposures to wide-ranging symptoms such as persistent fatigue, mood changes, hormonal dysregulation, immune suppression, and neurological decline.

This test provides insight into the systemic impact of environmental toxins and supports precision detox strategies by identifying priority exposures.

4 Phthalates

10 Pesticides

4 Herbicides

8 Environmental Phenols

12 Volatile Organic Compounds

4 Other Markers

Environmental phenols

Bisphenol A (BPA)[^] (ug/g)

7.14



Why Order?

The Environmental Toxins test helps clinicians detect hidden chemical exposures that conventional panels often miss. It's particularly valuable for patients with unexplained fatigue, hormonal issues, immune dysregulation, or cognitive symptoms, where toxin interference is suspected. By clarifying the type and source of exposure, providers can personalize detox protocols and support organ systems most affected.



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Synergistic Testing Options

- **Mycotoxins Panel:** Mold toxins often co-occur with environmental chemicals, amplifying immune and neurological damage. Pairing these tests offers a comprehensive toxicant profile, particularly for patients with chronic sinus, fatigue, or neurological complaints.
- **Gut Zoomer:** The gut plays a central role in detox via microbial metabolism and intestinal barrier integrity. When toxin levels are high, assessing gut permeability and beta-glucuronidase can guide strategies to prevent reabsorption and enhance elimination.
- **Micronutrient Panel:** Nutrient cofactors are essential for detox enzymes and antioxidant defense. This panel identifies deficiencies in B vitamins, glutathione precursors, and minerals needed to support detoxification under toxicant stress.
- **Hormone Zoomer:** Many environmental toxins act as endocrine disruptors. Measuring sex and adrenal hormones alongside toxin data helps correlate exposures with reproductive, thyroid, or stress-related dysfunction.

The Vibrant Advantage

- **Broad Toxin Detection:** Screens for 38 analytes across categories like plastics, pesticides, herbicides, preservatives, and VOCs to offer a wide-angle view of environmental exposure.
- **Advanced Analytical Technology:** Uses LC-MS/MS tandem mass spectrometry to detect compounds at picogram-per-milliliter concentrations for unmatched sensitivity. Results are expressed as micrograms per gram creatinine.
- **Differentiated Pesticide Profiling:** Distinguishes between organophosphates, organochlorines, pyrethroids, and herbicides for refined clinical interpretation.
- **Clinical Utility for Detox Planning:** Provides actionable data on exposure type and intensity to guide phase I/II detoxification strategies and support long-term environmental health management.



Additional Resources



Markers One-Sheet



Patient One-Pager



Interpretive Guide



Report Walkthrough



Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.

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