

# Total Tox Burden

At Home

Urine

## Key Clinical Messages

### What is the Total Tox Burden?

The Total Tox Burden Test is a comprehensive urine-based panel designed to help providers identify root causes of toxicity-related symptoms. It goes beyond basic toxicant screens to deliver targeted clinical insights.

- Measures excretion of heavy metals, mycotoxins, and environmental chemicals to uncover hidden burdens.
- Links toxic exposures, detoxification capacity, and oxidative stress to symptoms like fatigue, brain fog, gastrointestinal issues, and immune dysfunction.

This test connects environmental, metabolic, and immune factors, offering a full-spectrum view for more informed and personalized detoxification strategies.

20 Heavy Metals 38 Environmental Toxins

29 Mycotoxins



### Why Order?

Environmental toxin exposure is unavoidable in modern life, but how the body processes and retains toxins varies significantly between individuals. This test identifies which toxicants are accumulating, and at what levels, empowering clinicians to intervene before symptoms escalate. It is especially valuable for patients with chronic, vague, or multisystem complaints, where traditional workups yield little insight. By defining the toxic landscape, providers can guide targeted, evidence-based detoxification plans and monitor progress over time.



[Download Sample Report](#)



Suboptimal

Ethylparaben ^ (ug/g)

12.95

Trichothecenes

Deoxynivalenol(DON) (ng/g)

68.20

## Synergistic Testing Options

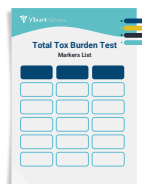
- **PFAS Chemical Panel:** Detects per- and polyfluoroalkyl substances (“forever chemicals”) that accumulate in tissues and are linked to immune, metabolic, and hormonal disruption. Adding PFAS expands toxicant assessment for patients with high environmental exposure.
- **Gut Zoomer:** Evaluates the gut microbiome, pathogens, and intestinal health factors that influence toxin absorption, excretion, and inflammation. Poor gut function may increase systemic toxic burden and limit detox capacity.
- **Micronutrient or NutriPro:** Measures key micronutrients and genetic variants that impact detoxification pathways and antioxidant status. Identifies nutrient insufficiencies or metabolic roadblocks that can impair toxin clearance and recovery.



## The Vibrant Advantage

- **Comprehensive Toxicant Coverage:** Reports 87 urinary markers, including 20 heavy metals, 29 mycotoxins, and 38 environmental toxins, offering a full-spectrum view of cumulative toxic burden.
- **Integrated Heavy Metal, Mycotoxin & Chemical Screening:** Simultaneously analyzes metals, mold toxins, and common environmental chemicals such as BPA, phthalates, parabens, and pesticides, linking exposures to real-world health risks.
- **Bioaccumulation & Detox Risk Assessment:** Percentile-based reporting reveals both acute and chronic exposures, supporting risk evaluation for neurotoxicity, immune dysfunction, and impaired detoxification capacity.
- **High-Sensitivity, Multiplex Analysis:** Utilizes LC-MS/MS and ICP-MS for precise, quantitative detection of a wide range of toxicants. At-home urine collection ensures convenient, robust sampling for true clinical insight.

## Additional Resources



### Markers List



### 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.

KCM-25-017