

Total Tox Burden



Who Will Benefit From Toxicity Testing?

Toxic exposure is a reality of our daily lives, but toxic overload can stress our bodily systems and manifest in various ways.

Toxins can lead to elevated oxidative stress and increase demand on the body's detoxification pathways, particularly in the liver. When the liver can't adequately eliminate toxins or infectious byproducts, these toxins can clog up normal detox pathways and lead to a range of chronic inflammation symptoms.

If you're experiencing multiple chronic symptoms and can't lose weight despite diet and exercise, you could be carrying a high toxic burden.

Recognizing Symptoms of High Toxic Burden

Symptoms Include:

- Fatigue and weakness
- Chronic burning in the throat and nasal passages
- Coughing, wheezing, shortness of breath
- Balance loss or dizziness
- Depression or anxiety
- Eye irritation or tearing
- Headache and light sensitivity
- Heightened sensitivity to chemicals in foods
- Disorientation
- Metallic taste in the mouth
- Irregular heartbeat
- Morning stiffness or joint pain
- Mood swings
- Muscle weakness
- Skin rashes
- Sleep problems
- Vision or hearing changes
- Poor memory, difficulty finding words
- Difficulty concentrating
- Unusual skin sensations, tingling, and numbness
- Increased urinary frequency or thirst
- Abdominal pain, diarrhea, or bloating
- Static shocks



Why Is This Test Important?

- Many toxins *bioaccumulate* (build up) and *persist* in the body for decades, breaking down slowly or not at all, leaving you susceptible to other toxic build-ups or susceptibility to infections through impaired detoxification, compromised immunity, and increased oxidative stress.
- The Total Tox Burden is a simple and quick test that provides complete insight into the levels of heavy metals, mold toxins, and environmental toxins in your body.
- Knowing your toxic burden is the first step to creating a personalized detox and wellness plan to achieve better health.

The Vibrant Wellness Advantage

- **Simple at-home testing with robust results.** Perform the Total Tox Burden test in the comfort of your home.
- **Unparalleled sensitivity and specificity.** Our proprietary technology detects 20 heavy metals, 31 mycotoxins, and 39 environmental toxins.
- **Validated and accredited.** Science-backed testing and analysis based on rigorous, ongoing research by clinical experts.

What To Expect From the Test

- Follow our simple instructions to perform this urine test at home.
- No need to fast before testing.
- **Avoid foods high in iodine (seafood, dairy, and seaweed) and selenium (Brazil nuts) as they may cause falsely lowered heavy metal results.**
- Send the sample to our labs for analysis and work with your care provider to understand the results.

About Vibrant Wellness

Vibrant Wellness is a leading CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root cause of patient health issues.

We are at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve **vibrant health and longevity** through individualized solutions based on testing—not guessing.



Regulatory Statement

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC and Vibrant Genomics, CLIA and CAP certified laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.