

**Dr.KIERAN LE PLASTRIER**  
**THIS IS LIFE WELLNESS**  
**2366 GOLD COAST HWY**  
**MERMAID BEACH QLD 4218**

**LAB ID :** 4085211  
**UR NO. :** 6359514  
**Collection Date :** 26-Mar-2025  
**Received Date:** 27-Mar-2025



4085211

**Clinical Notes:** Recurrent candida. On Melatonin.

## EXTERNALLY REFERRED

URINE, SPOT

Result      Range      Units

### Mycotoxins Profile

MYCOTOXIN	RESULT	VALUE	REFERENCE RANGE
Aflatoxin Group	EQUIVOCAL	0.93600 ppb	(R.R: 0 - 0.80 ppb)
Gliotoxin Derivative	POSITIVE	1.82600 ppb	(R.R: Less than 0.5 ppb)
Ochratoxin A	POSITIVE	5.63200 ppb	(R.R: 0 - 1.80 ppb)
Trichothecene Group	POSITIVE	0.16500 ppb	(R.R: 0 - 0.07 ppb)
Zearalenone	EQUIVOCAL	0.63600 ppb	(R.R: Less than 0.5 ppb)

### Reference Range Interpretation:

Mycotoxin	Negative Range	Equivocal Range	POSITIVE Range
Ochratoxin A	<1.80 ppb	1.80 - 2.00 ppb	>2.0 ppb
Aflatoxin Group	<0.80 ppb	0.80 - 1.00 ppb	>1.0 ppb
Trichothecene Group	<0.07 ppb	0.07 - 0.09 ppb	>0.09 ppb
Gliotoxin Derivative	<0.50 ppb	0.50 - 1.00 ppb	>1.00 ppb
Zearalenone	<0.50 ppb	0.50 - 0.70 ppb	>0.70 ppb

Testing performed at Real Time Labs, Carrollton, TX, USA. (CLIA: 4501051736, CAP: 7210193)

### COMMENTS:

Mycotoxins are low molecular weight secondary metabolites produced by moulds that;

1. Are not essential in maintaining the lifecycle of the mould
2. But give the mould a competitive advantage over other organisms (bacteria and moulds)

Mycotoxins are more commonly known to be present through ingestion of food but airborne contamination (inhaling mouldy air in damp indoor areas) is being recognized as a cause as well.

### Mycotoxins

1. bind to DNA and RNA and alter regular protein synthesis and function,
2. cause oxidative stress through antioxidant depletion,
3. alter cell membrane function and transport.

The following are the key mycotoxins and the organisms that produce them;

### MYCOTOXIN      ORGANISM/S and EFFECTS

Aflatoxin	Causative Organism/s - Aspergillus flavus, Aspergillus parasiticus Effects - Inhibit Protein synthesis, cause immune suppression, - Primary target liver but also found in lung and brain
Ochratoxin A	Causative Organism/s - Aspergillus ochraceus, Aspergillus niger, Aspergillus carbonarius Penicillium verrucosum, Penicillium nordicum, Penicillium chrysogenum Effects - Inhibits phenylalanine tRNA synthetase and mitochondrial ATP production, stimulates lipid peroxidation, suppresses antibody production and globulin synthesis - Found in grains, coffee beans and some wines - Primary target is kidney (Nephrotoxic)



**LACHLAN STACEY**  
**14-Aug-2013**      **Male**

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- Primary target is kidney (Nephrotoxic)
- Associated with UTIs and bladder cancer

cont/

**MYCOTOXIN**

**ORGANISM/S and EFFECTS**

Macrocyclic

Trichothecenes

Causative Organism/s

- Stachybotrys chartarum (black mould in buildings)
- Trichoderma (Produce toxins Roridin, Satratoxin, Verrucaridin)

Effects

- Inhibits protein synthesis, peptidyl synthesis, causes lymphoid necrosis and dysregulation of IgA production
- Immunosuppression, nausea, vomiting, weight loss

in

Gliotoxin

Causative Organism/s

- Aspergillus versicolor, Aspergillus fumigatus

Effects

- Inhibits macrophage phagocytosis, induces macrophage apoptosis, blocks T and B cell Activation
- Immunosuppression, in-vivo displays anti-inflammatory activity

Zearalenone

Causative Organism/s

- Fusarium specious

Effects

- Has strong affinity to Estrogen Receptor, increasing activation of this receptor and leading to numerous endocrinology disorders. (Low sperm count, abnormal levels of Progesterone, disruption of

ovulation)

- Reduces integrity of gut lining leading to intestinal hyperpermeability.
- Reduces gut microbiota diversity.
- Down regulates expression of tumour suppression genes leading to higher risk of GIT cancer.

Tests ordered: ExtPEI,MycotoxBI