

Instructions for RealTime Labs Mycotoxin Test

- 1. Sauna was shown in my patients to make the toxins go up 5 to 10 times in the urine - picking up more mold exposed patients who might otherwise have a negative test. You or I can freeze a 'Pre-sauna' urine in the freezer for future testing but do not send. Leave 25% air in the top of any plastic tube you freeze.**
- 2. Go to sauna.**
- 3. Urinate before getting in and can bring and drink water anytime.**
- 4. Do 30 minutes sauna at 150 degrees - less if hotter. And no more than you think you can safely tolerate 15 minutes might be OK too.**
- 5. Try to wait a while to urinate for the test - about an hour and then put into paper cup and pour into test tube. If you have to void right away put half into the tube half full and add more in an hour to collect the toxic urine which will take a while to enter the bladder.**
- 6. Fridge or Freeze and then ship and check off freeze on the slip and the date. Check off total mycotoxin panel - the first test.**
- 7. Send your drivers license with it and also check off yes for 30 charge to have them send if you have private non state (Medicaid type) insurance and the total will be 729.00 (699.00 plus the 30.00).**
- 8. If you want to spend less do just Ochratoxin and the charge is 250 plus the 30 or 280.00**
- 9. Results will take a week or more and come to the office and then you can decide if another member of the family will need treatment.**