

Patient: [REDACTED]
DOB: [REDACTED]
[REDACTED]
Weight: [REDACTED]

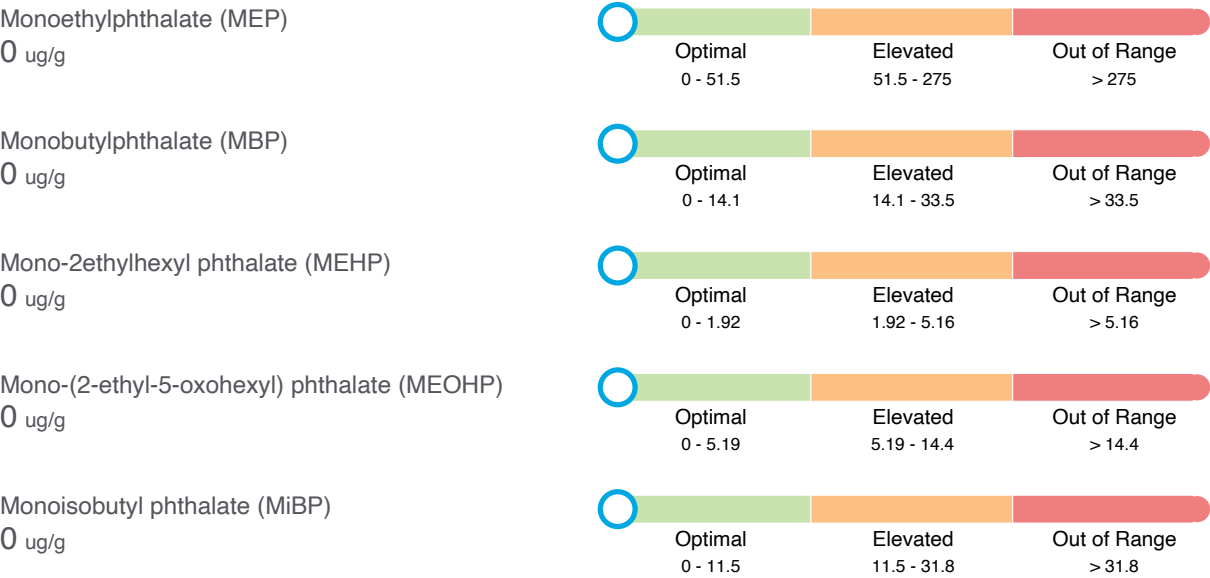
Practitioner: [REDACTED]
Lab#: [REDACTED]
[REDACTED]
Results Received: [REDACTED]

Overview

The Environmental Toxicity Test evaluates exposure to a range of environmental chemicals that may contribute to health disturbances through ingestion, inhalation, or skin contact. This test identifies the presence of toxic substances such as pesticides, plastics, industrial solvents, and heavy metals that can accumulate in the body and interfere with key biological functions.

Chronic exposure to these chemicals has been associated with neurological, endocrine, immune, and metabolic imbalances. By assessing individual toxic burdens, this test provides valuable insights into potential sources of exposure and supports targeted detoxification strategies to reduce health risks and optimize overall well-being.

Phthalates



Patient: XXXXXXXXXX

Collection Date: N/R

Summary

Phthalates are a group of chemicals commonly used as plasticizers to make plastics more flexible and durable. They are prevalent in a wide range of everyday products, including toys, food packaging, shampoos, and vinyl flooring, which has earned them the nickname “the everywhere chemical.” Phthalates have been linked to various health issues, such as reproductive, neurological, and respiratory problems, as well as an increased risk of certain cancers. Their most concerning impact is as endocrine disruptors, interfering with hormonal balance in the body.

Monoethylphthalate (MEP) is a primary metabolite of diethyl phthalate (DEP), a phthalate commonly used in personal care products like perfumes, lotions, and cosmetics. It is formed when DEP is broken down in the body after exposure through skin absorption or inhalation.

The level of MEP is optimal and there is no cause for concern.

Monobutyl phthalate (MBP) is a metabolite of dibutyl phthalate (DBP), which is commonly used in products such as adhesives, cosmetics, and personal care items like nail polish. MBP is produced when DBP is metabolized in the body after exposure through skin contact or ingestion.

The level of MBP is optimal and there is no cause for concern.

Mono-2-ethylhexyl phthalate (MEHP) is a primary metabolite of di(2-ethylhexyl) phthalate (DEHP), a phthalate widely used as a plasticizer in products like medical devices, food packaging, and vinyl flooring. MEHP is formed when DEHP is broken down in the body, typically after exposure through ingestion, inhalation, or skin contact.

The level of MEHP is optimal and there is no cause for concern.

Mono-(2-ethyl-5-oxohexyl) phthalate (MEOHP) is a secondary metabolite of di(2-ethylhexyl) phthalate (DEHP), a commonly used plasticizer in items such as medical tubing, food containers, and other flexible plastic products. MEOHP is produced when DEHP is further metabolized in the body after initial conversion to Mono-2-ethylhexyl phthalate (MEHP)

The level of MEOHP is optimal and there is no cause for concern.

Monoisobutyl phthalate (MiBP) is a metabolite of diisobutyl phthalate (DiBP), which is used in the production of plastics, coatings, and personal care products like nail polishes and hair sprays. MiBP is formed when DiBP is metabolized in the body after exposure through skin contact, inhalation, or ingestion.

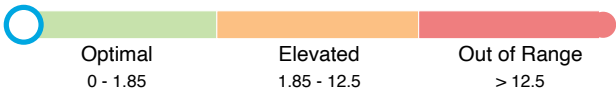
The level of MiBP is optimal and there is no cause for concern.

Patient: XXXXXXXXXX

Collection Date: N/R

Bisphenol

Bisphenol A (BPA)
0 ug/g



Bisphenol S (BPS)
0 ug/g



Summary

Bisphenols are a group of industrial chemicals used primarily in the production of plastics and resins commonly found in plastic containers, food and beverage can linings, thermal paper receipts, and dental sealants. Exposure occurs mainly through ingestion, skin contact, and inhalation. Bisphenols are known endocrine disruptors, meaning they interfere with hormone function, particularly by mimicking or blocking estrogen.

Bisphenol A (BPA) is a chemical used in plastic production, food packaging, and epoxy resins. It primarily enters the body through ingestion of contaminated food and beverages, dermal absorption, and inhalation, potentially leading to hormonal imbalances, metabolic-based issues, and reproductive health concerns.

The level of BPA is optimal and there is no cause for concern.

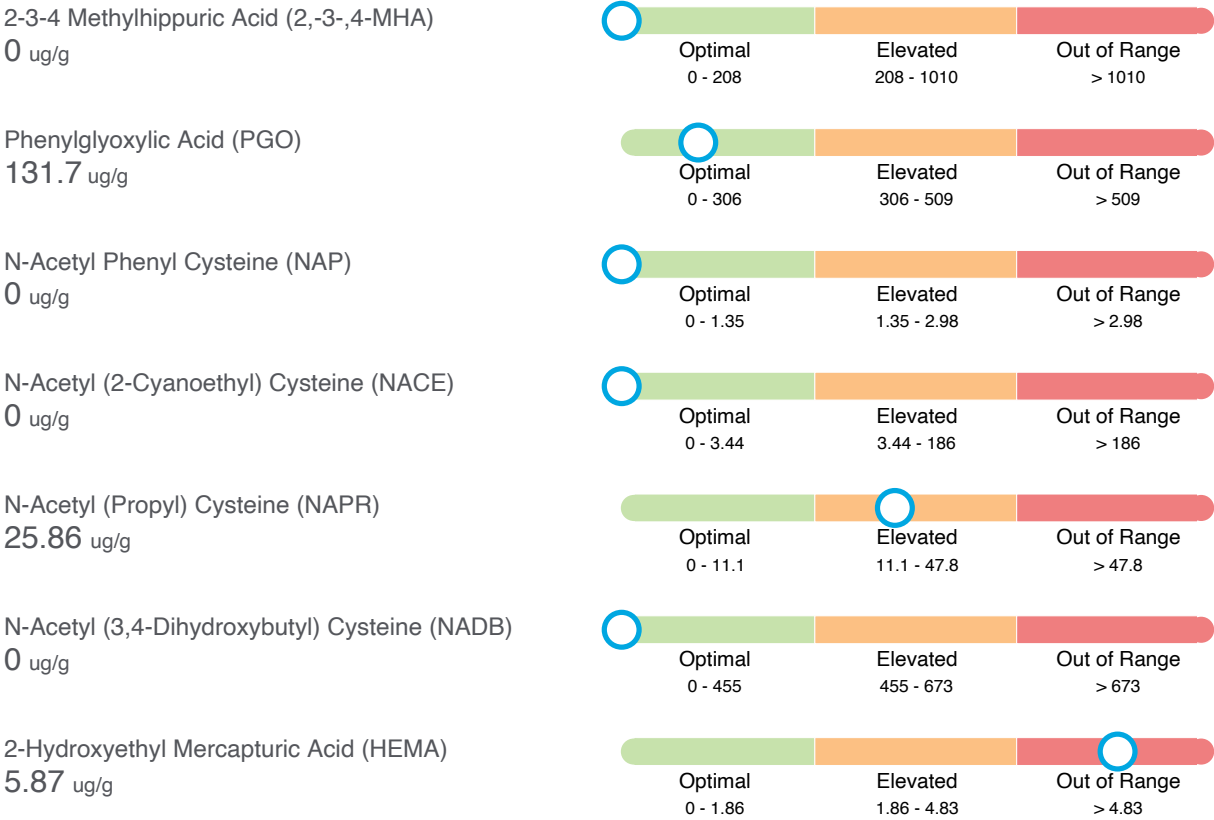
Bisphenols are synthetic chemicals used in making plastics and resins, commonly found in items such as food and beverage containers, water bottles, thermal receipts, dental sealants, toys, cosmetics, and canned food linings. BPA, a widely recognized endocrine disruptor, has been linked to reproductive and developmental issues, as well as an increased risk of obesity, diabetes, heart disease, and certain cancers. Many companies now offer "BPA-Free" products, but alternatives like BPS have raised similar health concerns. The presence of Bisphenol S (BPS) in urine indicates exposure to these chemicals.

The level of BPS is optimal and there is no cause for concern.

Patient: XXXXXXXXXX

Collection Date: N/R

Volatile Organic Compounds



Patient: 

Collection Date: N/R

Summary

Volatile Organic Compounds (VOC) Section evaluates exposure to a range of chemicals commonly found in industrial solvents, household products, and building materials. VOCs can enter the body through inhalation, ingestion, or skin contact and have been associated with respiratory issues, neurological effects, immune dysfunction, and increased oxidative stress.

2-, 3-, and 4-Methylhippuric acids (2-, 3-, 4-MHA) are metabolites produced when the body breaks down xylene, a solvent found in industrial settings, paints, and gasoline. These acids are typically measured in urine to assess exposure to xylene, which can occur through inhalation or skin contact.

The level of 2-,3-,4-MHA is optimal and there is no cause for concern.

Phenylglyoxylic acid (PGO) is a metabolite formed when the body breaks down styrene/ethylbenzene. Styrene is a chemical commonly used in the production of plastics and rubber, which are then used to create products like insulation, pipes, car parts, printing cartridges, food containers, and carpet backing. People can be exposed to styrene through food, particularly fatty foods heated in styrene containers, or by inhaling indoor air that contains styrene vapors from sources such as building materials, photocopiers, tobacco smoke, and other products. Both styrene and its byproduct, styrene oxide, have been associated with reproductive and neurological toxicity.

The level of PGO is optimal and there is no cause for concern.

N-Acetyl Phenyl Cysteine (NAP) is a metabolite formed when the body processes benzene. Benzene was once widely used as an industrial solvent, but its use has decreased due to its toxic nature and potential health risks. People can be exposed to benzene in the workplace, the environment, and at home through common products that contain benzene, such as motor fuels and solvents.

The level of NAP is optimal and there is no cause for concern.

N-Acetyl Cysteine (NACE) is a metabolite formed when the body processes acrylonitrile. Acrylonitrile exposure occurs with acrylic fiber clothing, carpets, and acrylonitrile-based plastics. It may also leach into food from plastic containers and is present in cigarette smoke. Acrylonitrile is classified as a probable human carcinogen and exposure can occur through inhalation, ingestion or skin contact.

The level of NACE is optimal and there is no cause for concern.

N-Acetyl Propyl Cysteine (NAPR) is formed when the body breaks down 1-bromopropane. 1-Bromopropane is a solvent commonly used in adhesives, dry cleaning, degreasing, and the cleaning of electronic and metal components. Symptoms may include headaches, irritation of the mucous membranes, reduced sensation, tingling or numbness, and difficulty with coordination or balance.

The level of NAPR is elevated and it is important to reduce or eliminate the use of suspected products.

N-Acetyl (3,4-Dihydroxybutyl) Cysteine (NADB) is formed when the body breaks down 1-bromopropane. 1-Bromopropane is a solvent commonly used in adhesives, dry cleaning, degreasing, and the cleaning of electronic and metal components. Symptoms may include headaches, irritation of the mucous membranes, reduced sensation, tingling or numbness, and difficulty with coordination or balance.

The level of NADB is optimal and there is no cause for concern.

2-Hydroxyethyl Mercapturic Acid (HEMA) is formed when the body breaks down either Ethylene Oxide or Vinyl Chloride. Ethylene Oxide is used in plastics, textiles, and antifreeze. The most common exposure occurs through inhalation or from tobacco smoke. Vinyl chloride is a colorless gas primarily used in making polyvinyl chloride (PVC), a material found in pipes, wire insulation, packaging, construction materials, and disposable medical products. Like ethylene oxide, inhalation is the primary route of exposure

The level of HEMA is elevated and it is important to reduce or eliminate exposure to suspected sources.

Patient: XXXXXXXXXX

Collection Date: N/R

Pesticides



Summary

This section assesses exposure to various agricultural and residential chemicals designed to control pests. These compounds can enter the body through ingestion of treated foods, inhalation of airborne residues, or skin contact with contaminated surfaces. Many pesticides are known to interfere with the nervous system, endocrine function, and cellular health, potentially contributing to neurodevelopmental disorders, hormone imbalances, oxidative stress, and chronic inflammation.

Atrazine mercapturate is a metabolite of atrazine, a widely used herbicide in agriculture, particularly in corn production. Exposure occurs primarily through ingestion of contaminated water and food, as well as inhalation in occupational settings. Atrazine has been linked to endocrine based imbalances, with potential effects on reproductive health and hormonal imbalances.

The level of Atrazine mercapturate is optimal and there is no cause for concern.

2,4-Dichlorophenoxyacetic Acid (2,4-D) is a widely used herbicide in both agriculture and landscaping. Long-term exposure to even low levels of 2,4-D has been linked to potential health risks, including hormone disruption, as well as reproductive and developmental issues.

The level of 2,4-D is optimal and there is no cause for concern.

3-Phenoxybenzoic Acid (3-PBA) is from the breakdown of pyrethroids-synthetic insecticides used in agriculture, household pest control, and veterinary medicine. They work by disrupting the nervous system of insects. In humans, exposure to pyrethroids has been linked to potential neurologic effects, as well as endocrine disruption.

The level of 3-PBA is optimal and there is no cause for concern.

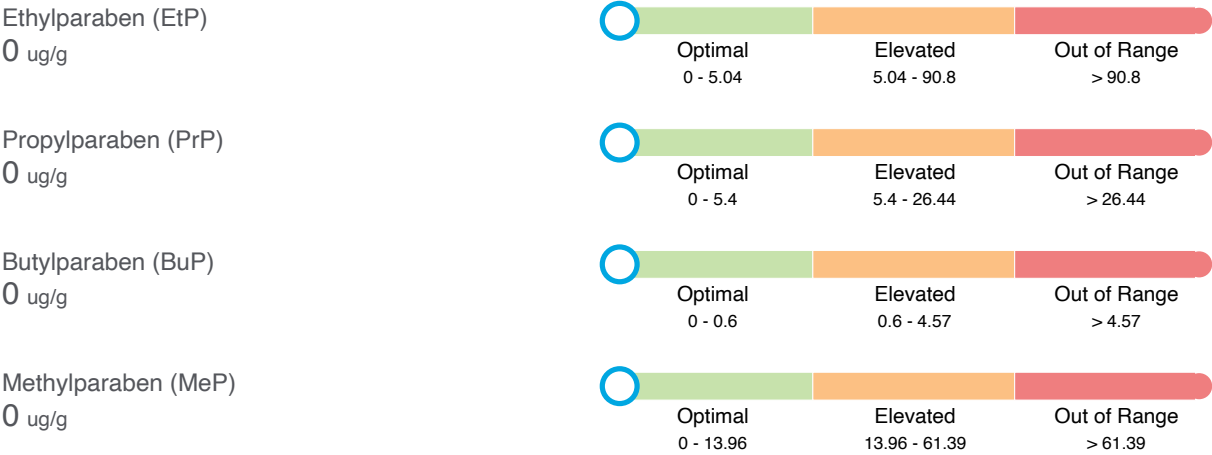
Diethylphosphate (DEP) is from organophosphate pesticides commonly used in agriculture to manage pests and in residential settings for insect and rodent control. These chemicals disrupt nerve function by blocking acetylcholinesterase, an enzyme essential for communication between nerve cells. Long-term exposure may also contribute to oxidative stress, mental health effects, and imbalanced liver function.

The level of DEP is optimal and there is no cause for concern.

Patient: [REDACTED]

Collection Date: N/R

Parabens



Summary

Ethylparaben is a synthetic preservative commonly found in cosmetics, personal care products, and some pharmaceuticals. It is primarily absorbed through the skin and ingestion, where it can mimic estrogen and potentially disrupt endocrine function, contributing to hormone imbalances.

The level of Ethylparaben is optimal and there is no cause for concern.

Propylparaben is widely used as a preservative in foods, cosmetics, and pharmaceuticals. It can enter the body via skin absorption, ingestion, or inhalation, and has been associated with hormonal disruption by interfering with normal estrogenic activity, potentially affecting reproductive health.

The level of Propylparaben is optimal and there is no cause for concern.

Butylparaben is a paraben-based preservative often found in cosmetics, sunscreens, and processed foods. It is primarily absorbed through the skin and ingestion, where it can act as an endocrine disruptor, with potential links to fertility and thyroid imbalances along with oxidative stress in the body.

The level of Butylparaben is optimal and there is no cause for concern.

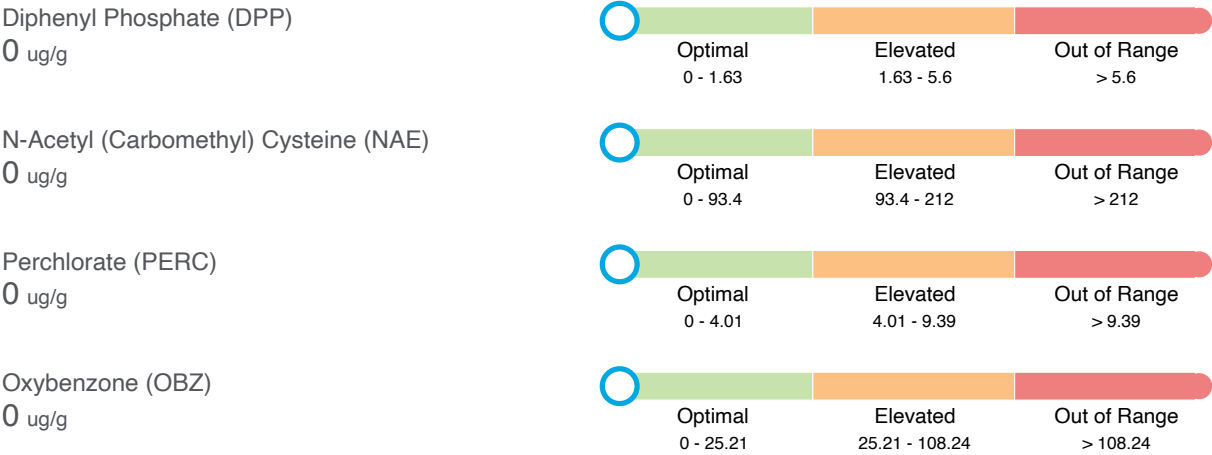
Methylparaben is a widely used preservative in skincare products, lotions, and pharmaceuticals. It can be absorbed through skin contact or ingestion and may contribute to oxidative stress, DNA damage, and endocrine based imbalances in the body.

The level of Methylparaben is optimal and there is no cause for concern.

Patient: XXXXXXXXXX

Collection Date: N/R

Other



Summary

This section evaluates exposure to additional environmental toxins that do not fall under the primary categories of pesticides, phthalates, or volatile organic compounds. These chemicals may come from industrial processes, consumer products, or environmental contamination, entering the body through ingestion, inhalation, or skin contact.

Diphenyl phosphate (DPP) is from the breakdown of triphenyl phosphate, a commonly used flame retardant in furniture, electronics and clothing. Exposure may also come through absorption from personal care products such as nail polish and cosmetics. This chemical can also be ingested from food and beverages when the chemical leaks from packaging and contaminates the product. This may also occur during food processing. Endocrine, reproductive and thyroid imbalances may result from exposure.

The level of DPP is optimal and there is no cause for concern.

Cysteine (NAE) is from the breakdown of acrylamide, a chemical that forms when starchy foods—such as potatoes, grains, and coffee beans—are cooked at high temperatures. Other sources include cigarette smoke and certain cosmetic products that may contain it as a contaminant. Acrylamide has been associated with an increased risk of cancer, DNA damage, reproductive and liver imbalances and immune system suppression.

The level of NAE is optimal and there is no cause for concern.

Perchlorate (PERC) is found in fireworks, road flares, explosives, and rocket fuel. Due to its widespread use and persistence in the environment, it is considered a significant environmental contaminant. Perchlorate can enter the food supply through contaminated irrigation water or food processing and it is also present in milk, influenced by the levels found in animal feed. This chemical can impact thyroid function by interfering with iodine uptake, which is essential for thyroid hormone production.

The level of PERC is optimal and there is no cause for concern.

Oxybenzone (OBZ) is a UV-filtering chemical commonly found in sunscreens, cosmetics, plastics, and food packaging to prevent degradation from light exposure. The primary routes of exposure include skin absorption, ingestion, and inhalation. Benzophenone has been associated with endocrine disruption and potential toxic effects within the body.

The level of Oxybenzone (OBZ) is optimal and there is no cause for concern.

Patient: XXXXXXXXXX

Collection Date: N/R

Next Steps & Recommendations

14-Day Dr. Cabral Detox

The 14-Day Dr. Cabral Detox is a comprehensive, full body Functional Medicine detoxification system that gently eliminates harmful toxins while rebalancing the body at an underlying root cause level. [View Product](#)

Daily Nutritional Support

Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet.

[View Product](#)

Daily Activated Multi-Vitamin (Alternative Option)

EquiLife's Daily Activated Multi-Vitamin is a high quality source of key methylated vitamins and minerals for superior absorption to restore common deficiencies. It includes a key blend of antioxidants that protect from free radicals as well as providing essential nutrients that are necessary for supporting immune health and detoxification. The Daily Activated Multi-Vitamin is not needed for those using the Daily Nutritional Support. [View Product](#)

Daily Fruit & Vegetable Blend

Daily Fruit & Vegetable Blend is the simple way to ensure you get the benefits of 22 fruits and vegetables, plus antioxidants and rare superfoods that support optimal health. [View Product](#)

Omega 3 Support (Softgels)

Daily Omega-3 Support Softgels provide 2.5 g of sustainably sourced and superior triglyceride formulated fish oil for enhanced absorption. With Omega-3 Support, modulating inflammation, supporting a healthy heart and brain is not only good for you but also good for the planet. [View Product](#)

Summary

When environmental chemicals build up in the body, they can contribute to inflammation, stress, and other imbalances. Supporting the body's natural ability to eliminate these toxins is essential for overall health. It's also important to identify and reduce exposure whenever possible, though this can be challenging since toxins are present in many everyday environments. Additionally, ensuring proper nutrition helps maintain the body's natural detoxification processes, allowing it to better manage and filter out these substances over time.

This test shows 2 or more markers in the elevated range. The best way to support the body when environmental chemicals are detected in above-optimal ranges, is to start with a 14 Day EquiLife Detox (for those age 18 and over) and then continue with foundational nutrient support on an ongoing basis with the Daily Nutritional Support powder or the Daily Activated Multivitamin. Additionally, it is suggested to add Daily Fruit and Vegetable Blend as well as Omega 3 Support Softgels. Together, these will provide daily support in the form of co-factors, minerals and antioxidants to help the body buffer against exposure.

It will also be important to begin to investigate potential exposure sources and eliminate them. You may consider adding an air filter to areas of concern, making sure hands are washed after using any chemicals, eliminating sources of chemicals from daily living, and switching to cleaner alternatives.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>