

# PORPHYRINS (urine)

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*The porphyrin test is a powerful biomarker of environmental toxicity. Porphyrins are intermediate products in the production of haem, which involves at least eight enzymes which are highly sensitive to toxins. When certain chemicals are present in the body these enzymes are inhibited, particular porphyrins build up and a distinctive pattern of porphyrins specific to each toxin is produced. These patterns of porphyrin production can therefore be used to analyse the presence of environmental toxins in the body and therefore of chemical exposure. Several health disorders have abnormal porphyrin levels associated with chemical exposure including chronic fatigue, multiple chemical sensitivities, learning and behavioural disorders as well as mental health conditions. Multiple studies have recently revealed that autism spectrum disorder (ASD) is also associated with abnormal patterns of porphyrin production. It was suggested by these investigators that porphyrins should be routinely clinically measured in ASDs and potential ASD treatments should consider monitoring porphyrin levels.*

## Chemical exposure

Since World War II the quantity of synthetic chemicals that have been produced and introduced into the environment has increased exponentially. In the 1930s only 1 million tons was produced per year in comparison to over 200 million tons today. This increase in chemical exposure has had an impact not only on the environment but on human health. Many of these substances including halogenated hydrocarbons and heavy metals are known to affect the immune system, detoxification pathways and the central nervous system, as well as promote inflammation. Conditions ranging from cancer, dermatitis, renal disease, chemical sensitivities, autism and other mood disorders are associated with exposure. Being able to detect the presence of these toxins in the body is therefore an important step forward for the prevention and treatment of these and other chemical associated disorders.

## A sensitive test for chemical and heavy metal exposure

Porphyrins are powerful biomarkers of environmental toxicity. Porphyrins (and porphyrinogens) are intermediate products in the production of haem. Haem is an essential molecule in the body producing haemoglobin, cytochromes and electron transport chain proteins.

The production of haem from glycine and succinyl CoA involves at least eight enzymes which are highly sensitive to toxins. When certain chemicals are present in the body these enzymes are inhibited, particular porphyrin build up and a distinctive pattern of porphyrins specific to each toxin is produced. Common toxins which affect porphyrin metabolism include **lead, mercury, arsenic, cadmium, hexachlorobenzene, PVC and dioxins.**

## Porphyrias

Porphyrias are not only associated with toxic exposure but are also an inherited (genetic) condition. The porphyrias are relatively uncommon conditions which are probably under recognised. Most individuals who possess the genetic mutation associated with acute porphyria show no symptoms throughout their lives. However, some of the inherited porphyrias occur commonly as toxicogenetic conditions; the genetically acquired trait is clinically latent until clinical manifestations are triggered by exposure to certain therapeutic drugs, chemicals, alcohol or other stressors.

### Secondary porphyrias and health conditions

Secondary porphyrias (also known as porphyrinurias) are defined as porphyrias that occur without a genetic defect of haem synthesis. These porphyrias are associated with environmental exposure to toxins. It has been hypothesised that several health disorders have abnormal porphyrin levels associated with chemical exposure. These conditions include chronic fatigue, multiple chemical sensitivities, learning and behavioural disorders as well as mental health conditions.

### PORPHYRINS (urine) [Test Code: 4024]

- ❖ Uroporphyrins I, Uroporphyrins III, 7-Carboxy Porphyrin, 6-Carboxy Porphyrin, 5-Carboxy Porphyrin, Precoproporphyrins, Coproporphyrins I, Coproporphyrins III.

### Other metal and environmental toxin tests available

- **Organic Acids – Environmental Pollutant Panel (urine) [4014]:** metabolites of Benzene, Xylene, Toluene, Trimethylbenzene, Styrene, Phthalate exposure
- **Genova Toxic Effects CORE Profile (blood & urine) [4100]:** Volatile Solvents, Chlorinated Pesticides, Polychlorinated Biphenyls (PCBs), Organophosphates, Bisphenol A (BPA), Phthalates and Parabens
- **Hair Mineral Analysis – Level 1 [5013] and Level 2 [5014]:** B, Ca, Co, Cr, Cu, Fe, Ge, I, Li, Mg, Mn, Mo, Se, Sr, V, W, Zn; Al, Sb, As, Ba, Be, Bi, Cd, Hg, Ni, Pb, Pd, Pt, Ag, Tl, Sn, Ti, U, Zr
- **Heavy Metal Analysis (urine) [5020]:** Ag, Al, As, Ba, Be, Bi, Cd, Hg, Ni, Pb, Pt, Sb, Sn, Tl
- **Essential Mineral & Heavy Metal Analysis (urine) [5021]:** B, Ca, Co, Cr, Cu, Fe, Li, Mg, Mn, Mo, Se, Sr, V, Zn; Ag, Al, As, Ba, Be, Bi, Cd, Hg, Ni, Pb, Pt, Sb, Sn, Tl
- **Red Cell or Whole Blood Metals [5026]:** Al, Sb, As, Be, Bi, Cd, Hg, Ni, Pb, Pt, Ag, Tl, Sn, U, Zr
- **Faecal Minerals & Metals [5034]:** Cr, Cu, Zn, W; As, Be, Bi, Cd, Ga, Hg, Ni, Pb, Pd, Pt, Sb, Tl, Ti, U
- **Saliva Metals [5035]:** Cr, Co, Mo, Cu, Cd, Ga, Ir, Hg, Ni, Pd, Pt, Rh, Ag, Sn
- **Drinking Water Minerals & Metals [5036]:** Cr, Cu, Fe, Mn, Se, Zn, Ca, Mg, B, Sr; Al, Sb, As, Ba, Be, Cd, Hg, Ni, Pb, Ag, Tl, U
- **Glyphosates (urine) [5037]:** Glyphosates

### How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form and have the patient phone NutriPATH Customer Service on 1300 688 522.



Phone **1300 688 522** for further details  
[www.nutripath.com.au](http://www.nutripath.com.au)