

# ORGANIC ACIDS – Metabolic Panel & Environmental Pollutants

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*The organic acid test is a nutritional test providing insights into the body's cellular metabolic processes. Urinary organic acids derived from the metabolic conversion of dietary proteins, fats and carbohydrates, in addition to compounds of bacterial origin, provide a unique chemical profile of a patient's cellular health. The testing procedure measures the overflow or build-up of intermediate organic acid products in the urine, determining where 'aberrations' are occurring in metabolic pathways. These biomarkers give an overview of several major systems in the body and an analysis of nutritional deficiencies in the body.*

The Organic Acids test is the preferred test used in clinical practice as many functional medicine practitioners believe the metabolic panel provides remarkable data about a patient from a simple urine collection. The organic acid tests assess a wide range of cellular and physiological processes including intestinal dysbiosis, energy production, nutrient cofactor requirements and neurotransmitter metabolism.

Marked accumulation of specific organic acids detected in urine often signals a metabolic inhibition or block. The metabolic block may be due to a nutrient deficiency, an inherited enzyme deficit, toxic build-up or drug effect.

By evaluating organic acid levels and pinpointing the metabolic dysfunctions occurring at the cellular level, a comprehensive, customised treatment strategy can be tailor made for each individual patient.

## **The Ideal Test for Complex Patients**

Medically unexplained symptoms account for approximately 20% of primary care consultations and 10% of secondary care referrals. The typical symptom clusters including emotional and mental difficulties, allergic reactions, gastrointestinal distress, and urinary tract problems do not fit any traditional disease pattern, nor do they have an agreed-upon conventional medical diagnosis. In these situations the organic acid tests would be an ideal diagnostic test to utilize. This test brings new tools to the practitioner.

CONDITIONS WHICH MAY BENEFIT FROM ORGANIC ACID TESTING	
Allergies	Anaemia
Autism	Blood sugar irregularities
Cardiovascular disease	Chemical sensitivities
Depression / Anxiety	Dermatitis
Fatigue	Hyperactivity
Insomnia	Irritable Bowel Syndrome
Malabsorption and maldigestion	Mental or developmental delay
Mood disorders	Muscle pain
Autoimmune disorders	Inflammation

## Environmental Pollutants

Increasing exposure to environmental pollutants has been linked to many chronic diseases such as autism spectrum disorders, autoimmune disorders, Parkinson's disease, and Alzheimer's disease. This test measures the presence of metabolic urinary organic acids along with those derived from the metabolic conversion of common pollutants assessing exposure to benzene, xylene, toluene, trimethylbenzene, styrene and phthalate.

## ORGANIC ACIDS – METABOLIC & ENVIRONMENTAL POLLUTANTS PANEL (urine) [Test code: 4017]

- ❖ Lactic acid, Pyruvic acid, Citric acid, cis-aconitic acid, Isocitric acid,  $\alpha$ -ketoglutaric acid, Succinic Acid, Fumaric acid, Malic acid; Adipic acid, Suberic acid, Ethylmalonic acids, Methyl succinic acid,  $\beta$ -hydroxybutyric acid;  $\alpha$ -ketoisovaleric acid,  $\alpha$ -ketoisocaproic acid,  $\alpha$ -keto- $\beta$ -methylvaleric acid,  $\beta$ -hydroxyisovalerate, Formiminoglutamic acid (FIGLU), Methylmalonic acid (MMA), Kynurenic acid,  $\beta$ -hydroxy- $\beta$ -methylglutaric acid (HMG), Parahydroxyphenylacetate, Orotic acid, Pyroglutamic acid, Benzoate, Hippurate, Benzoic/Hippuric acids ratio; Parahydroxybenzoate, Phenylacetic acid, Dihydroxyphenylacetic acid, Indoleacetic acid, Tricarballic acid, Citramalic acid, Arabinose,  $\beta$ -ketoglutaric acid, Tartaric acid; Homovanillic acid (HVA), Vanillylmandelic acid (VMA), 5-Hydroxyindoleacetic acid (5HIAA), Quinolate; 3,4-dimethylhippurate, 3-methylhippurate, 2-methylhippurate; Hippurate, Benzoate; t,t-muconic acid; Mandelate, Phenylglyoxylate; Monoethyl phthalate, Phthalic acid.

## Other organic acids tests available

- **Organic Acids, Metabolic Profile [4016]:** Measures organic acids for bacterial dysbiosis, yeast & fungal dysbiosis, citric acid metabolites, ketone/fatty acid metabolites, cofactor sufficiency markers and neurotransmitter metabolites.
- **Organic Acids, Methylation Cofactors [4018]:** Formiminoglutamic acid, Methylmalonic acid (MMA)
- **Organic Acids, Citric Acid Cycle [4013]:** Lactic acid, Pyruvic acid, Citric acid, cis-aconitic acid, Isocitric acid,  $\alpha$ -ketoglutaric acid, Fumaric acid, Malic acid
- **Organic Acids, Ketone, Fatty Acid Metabolites [4015]:** Adipic acid, Suberic acid,  $\beta$ -hydroxy- $\beta$ -methylglutaric acid (HMG),  $\beta$ -hydroxybutyric acid
- **Genova Organix Comprehensive Profile [4041]:** Markers of fatty acid metabolism, carbohydrate metabolism, energy production, B-complex vitamins, methylation cofactor markers, neurotransmitter metabolism, oxidative damage and antioxidant markers, and detoxification

## 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.**

