

OXALATE

Oxalate is an end product of glyoxalate and glycerate metabolism. We have no enzyme capable of degrading oxalate, so it must be eliminated by the kidney.

Oxalates are crystalline molecules that we absorb from our diet (high oxalate foods) or are produced by an infection, like yeast/fungal overgrowth. These oxalates can accumulate in the body and cause inflammation.

The symptoms of oxalate accumulation include pain, nephrolithiasis, and neurological symptoms and oxalates have been associated with vulvodynia (vulvar pain) and fibromyalgia pain. Oxalates are largely known to cause/create kidney stones. Children with autism who exhibit eye-poking behaviour have also been shown to have a build up of oxalates behind their eyes, causing tremendous pain, and thus the eye-poking.

Oxalate buildup

Oxalate build up can be caused by three different sources, the most common of which is diet. Food is a direct source of oxalate and the most common cause of disproportionately elevated oxalates. Awareness of oxalates in food and elimination of those foods highest in oxalate such as spinach, soy, almonds, sweet potatoes and raspberries is important.

Candida and Aspergillus species can also product oxalates – they use glyoxalate in energy production. People with elevations in Candida or Aspergillus frequently have a subsequent elevation in oxalates metabolites.

A third cause of oxalate build up is genetic polymorphisms (mutations), which will be reviewed in greater detail below.

OXALATE (urine) [Test code: 4025]

- ❖ Oxalate (oxalic acid)

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**.