

Are you getting enough antioxidants to prevent damage and accelerated aging?

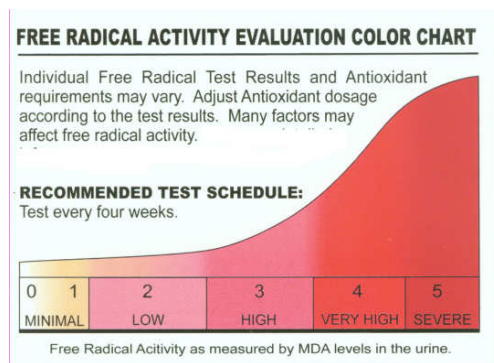
This urine test measures the level of free radicals in your system. **Too many free radicals, (oxidative damage) over a period of time leads to chronic diseases, cell damage and faster aging.**

Partial list of health concerns related to oxidative/free radical damage:

Alzheimer's	Parkinson's	Huntington's	Atherosclerosis
Cancer	Cataracts	Macular Degeneration	Wrinkles
DNA Damage	Glaucoma	Asthma	COPD
Lupus	Endometriosis	Osteoporosis	Preeclampsia
Toxic metal damage	Osteoarthritis	Cardiovascular disease	Rheumatoid arthritis

Causes of free radical damage include:

- heavy metals and petrochemicals in the environment and in our foods.
- over-the-counter and prescription drugs.
- cooked oils and fats
- radiation
- viruses, yeast, and bacteria in the system
- low dietary anti-oxidants
- mental/emotional stress
- genetics



Free radicals play an important role, both in health and disease. They have been implicated in countless human disease processes, but are also vital to human health. Any molecule can become a free radical by either losing or gaining an electron. Molecules containing these uncoupled electrons are very reactive. Once free radicals are initiated, they tend to propagate by becoming involved in chain reactions with other less reactive species. The chain reaction compounds generally have longer half-lives and therefore extend the potential for cellular damage.

A classic example of oxidative damage is the browning of the flesh of a cut apple as it sits on the kitchen counter. The air provides oxygen that damages the exposed cells in the apple. The damaged cells turn brown because the apple does not have a high amount of antioxidants to prevent or repair the damage. Applying lemon juice to the fresh cut apple provides antioxidants and prevents rapid browning.

Your body has similar prevention and repair mechanisms. If you have enough, and the correct type, of antioxidants, your body will prevent the damage or even repair damaged cells.

FREE RADICAL MEASURING MECHANISM

The technological breakthrough Free Radical Test measures the distant end of the polyunsaturated fat chain where aldehydes form as a result of free radical attacks. The test coordinates with lab

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measurements to create precise results from the urine. Aldehyde activity is much more concentrated in urine.

The Free Radical Test is a colorimetric (color absorbent) reading from urine testing, which has evolved from blood/plasma fluorometric data. **In studies at a major university, it was determined that this urine test is 50 times more sensitive than blood/plasma aldehyde testing.**

In the process of free radical production in the body there are certain chemical by-products produced. One of these products is malondialdehyde (MDA), which is the substance that produces the color reaction in the Free Radical Test.

TEST VALIDATIONS

This test was scientifically validated by means of the Conti Fluorometric assay in the laboratory. This is a highly sensitive test that can measure minute quantities of MDA present in body fluids.

FREQUENCY OF TEST

The frequency for the Free Radical Test varies with each individual. If an individual test color is in the severe, very high or high free radical range, the person should begin or increase antioxidant supplementation and retest one month thereafter until you are in the minimal or low range.

TEST RESULTS

Dietary changes and nutritional anti-oxidants aid in reaching a healthful destination. Antioxidants should not be taken if the Free Radical Test detects no free radical activity. A small amount of oxidative damage is normal. If you don't have oxidative damage you should consider CoQMax (CoQ10) to support energy production.

COST

The cost of the test and report of findings is \$30. You will prepay for the test when you receive your urine specimen cup. Additional consultations, if desired, are available by appointment.

Directions:

Dietary Restrictions Prior to Using Your Free Radical Test

The day before you bring in your urine sample, do not take supplemental vitamins, such as vitamin C, vitamin B complex, vitamin B-1, (thiamine), vitamin B-2 (riboflavin), vitamin B-3 (niacin), vitamin B-5 (pantothenic acid), vitamin B-6 (pyridoxine), or vitamin B-12 (cyanocobalamin). Any intake of vitamins or medication that turns your urine to an excessively yellow color may interfere with the ability to interpret the reading of your value. Please provide a list of any medications and supplements you are currently taking.

Urine Sample

Bring your first morning urine sample in the urine specimen cup provided by our office. We will test your urine and call, fax or email your results to you between scheduled appointments. Please call our office if you have not heard from us within 24 hours.

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