

ORGANIC ACIDS TEST (OAT)

Nutritional & Metabolic Profile



The Organic Acids Test (OAT), by Great Plains Labs, offers a comprehensive metabolic snapshot of a patient's overall health with over 70 markers. It provides an accurate evaluation of intestinal yeast and bacteria. Abnormally high levels of these microorganisms can cause or worsen behavior disorders, hyperactivity, movement disorders, fatigue and immune function. Many people with chronic illnesses and neurological disorders often excrete several abnormal organic acids in their urine. The cause of these high levels could include oral antibiotic use, high sugar diets, immune deficiencies, acquired infections, as well as genetic factors.

The Organic Acids Test also includes markers for vitamin and mineral levels, oxidative stress, neurotransmitter levels, and is the only OAT to include markers for oxalates, which are highly correlated with many chronic illnesses. There are measures of methylation pathways as well as overall glutathione, both important clues as to underlying causes of many health conditions.

If abnormalities are detected using the OAT, treatments can include supplements, such as vitamins and antioxidants, or dietary modification. Upon treatment, patients and practitioners have reported significant improvement such as decreased fatigue, regular bowel function, increased energy and alertness, increased concentration, improved verbal skills, less hyperactivity, and decreased abdominal pain. The OAT is strongly recommended as the initial screening test.

The Microbial Organic Acids Test (MOAT) is ideal for follow-up to the OAT and is often recommended by practitioners looking for a specific abnormality, to monitor certain microbial imbalances, or to assess treatment efficacy.

Sample required: 10 ml of first morning urine. No blood draws, no needles.

Cost: \$335.

TESTIMONIALS

"After identifying a low serotonin level on an Organic Acid Test (a hallmark functional medicine test), A severely depressed and suicidal man began taking 100mg of 5htp twice a day (5htp is the direct precursor to serotonin). After 2 days, he said his depression virtually disappeared and he was no longer suicidal. I love when I can identify a biochemical glitch and someone can have such a profound emotional turn around."
—Dr. Josh Friedman of *Integrative Psychotherapy of Omaha*

"The Organic Acids Test has brought new meaning to my specialized practice in women's health. This test has allowed me to investigate more deeply the chronic issues that contribute to female related conditions like PMS, uterine fibroids, endometriosis, chronic UTIs and vulvodynia. I have had a great deal of success in treating complicated PMS cases that didn't respond to typical female hormone balancing therapies. Since utilizing the OAT, it has provided me with a variety of information to determine the underlying cause of female related issues. Some of the markers that I find valuable for women's health issues are the bacterial and yeast metabolites, oxalates, B vitamins, vitamin C, and pyroglutamic acid. I have been so impressed by this test that I can't help but want to spread the word about its uses for various women's health conditions!"
—Jennifer, N.D.

The organic acids test covers a great deal of territory in one test. It includes gut issues, brain issues, chronic infections and genetic issues including methylation. I have kits at the office and will be glad to order it for you.
--Dr. Manlove