

The Oxidata Test - for Free Radical Damage

WHAT IS IT?

The **Oxidata Test** is the world's first and only non-invasive urine test that measures the amount of free radicals or oxidants in the body within five minutes.

WHAT DOES IT DO?

Everyone has, by now, heard of free radicals and the importance of antioxidants in the diet. This test enables the user to measure the amount of oxidative stress the body is enduring and the results of antioxidant intervention.

Many, if not all diseases, damage the body through oxidative damage. The free radical theory of aging says that it is the primary cause of aging itself.

Free radicals are simply unpaired electrons. Electrons like to be electrically neutral. When they are not they quickly look for something to latch on to thereby creating a new molecule. This is how many chemical reactions take place. Without these oxidation-reduction reactions, not only would life not take place, but many of the other important functions of the body wouldn't either. For example, white blood cells often kill their bacterial or viral enemies with free radicals.

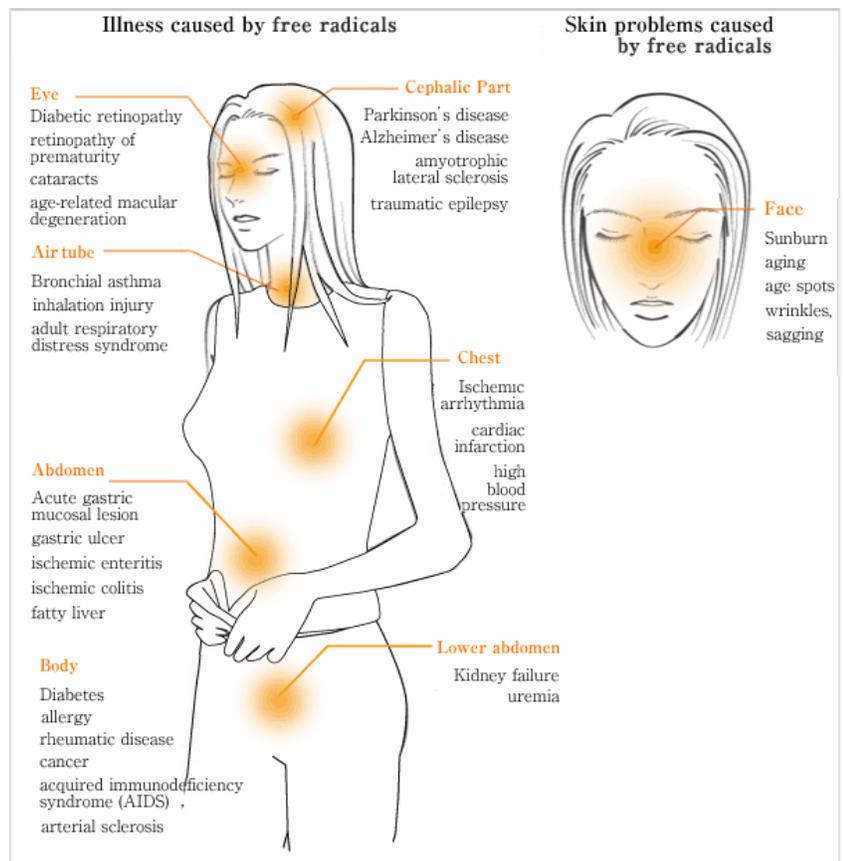
Free radicals are like fire. Properly confined they are beneficial to the body and, fortunately, the body has means to confine them. These are called antioxidants, and they look for excess free radical activity and neutralize it. It is only when free radicals become unconfined and excessive and start attacking normal, healthy tissue that disease takes place. This happens when antioxidant activity is inadequate, hence the importance of maintaining proper antioxidant activity in the body.

This test measures the amount of a free radical called malondialdehyde (MDA) in the urine. It is a measure of the overall antioxidant capacity of the body. This test is 40 to 50 times more reliable than a MDA blood test. Accuracy is within the range of 90%. The test is conducted by comparing the color change in a urine sample with a chart.

Rather than guessing if an antioxidant program is working or whether it is working too well, this test provides a scientific measurement of results. The test is best taken as a before and after snapshot of the effectiveness of antioxidant or other intervention through supplementation or dietary and exercise changes. Use the test at least once a week if the initial test shows high oxidative stress then reduce to once or twice a month after antioxidant supplementation has reduced it to a normal level.

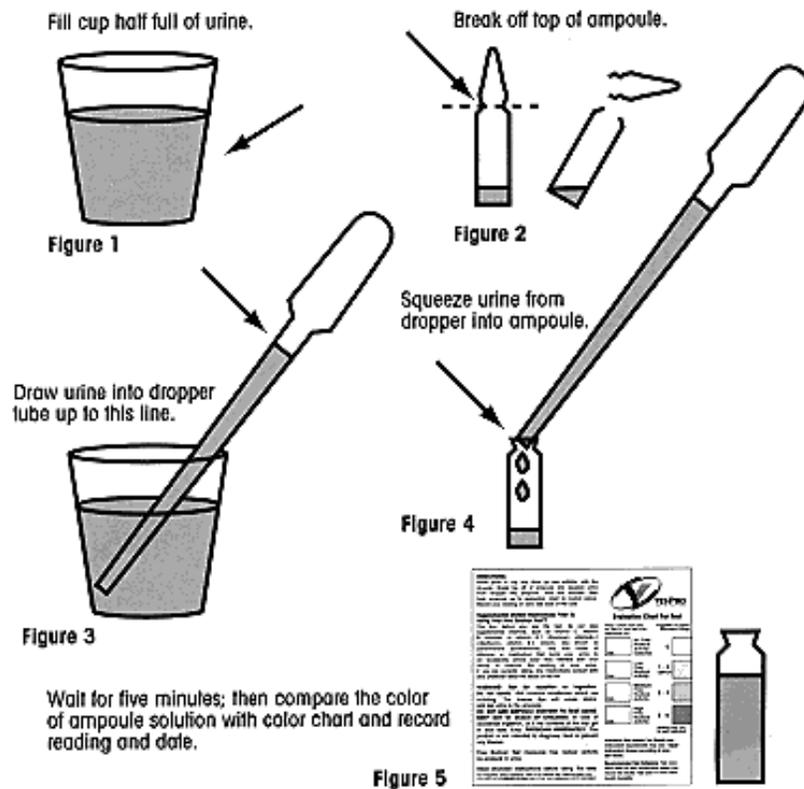
Dietary Restrictions Prior To Using Your Oxidata Test

The day before you use the test, do not take supplemental vitamins, such as vitamin, B complex, or single B vitamins or a multivitamin containing: vitamin B-1 (thiamine), vitamin B-2 (riboflavin), vitamin B-3 (niacin, also known as pyridoxamine). Any oral intake of vitamins or medication that turns your urine to an excessively yellow color (such as riboflavin) may interfere with your ability to interpret the reading of your value. If you are currently taking any medications consult with your physician about the results of this test. Drink a glass of water before bed to stay hydrated.



DIRECTIONS FOR THE OXIDATA TEST

- Collect a sample of **first morning urine** in the cup. Break top off of ampoule by holding it upright so as not to spill the tiny amount of clear liquid in the bottom and grasping the plastic cover to protect your fingers. It should snap off easily. Set the open ampoule down on a stable surface.
- Draw up one milliliter of urine from the cup with the dropper; fill the dropper to the line just below the bulb, this is one millimeter. Squeeze the urine from dropper into ampoule. Wait five minutes; then hold ampoule up to evaluation chart to match colors. Record your reading on card.



This test is safe as long as you use common sense and understand that the test substance in the vial can be irritating to skin and eyes and should not be swallowed.
Not for injection or ingestion. Do not inhale. Vial contains substances that are irritating. The intense dye will cause stains.
Add test urine to the ampoule.
DO NOT ADD AMPOULE CONTENT TO TEST URINE.
KEEP OUT OF REACH OF CHILDREN.
In case of accidental ingestion, or if the contents of the vial get in your eyes, **CALL PHYSICIAN IMMEDIATELY.**

Call or email my office if you have questions. After hours: 919-260-9632



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