

OxiScore™ Pre-Test Protocols

OxiScore™ is a very sensitive colorimetric test that can detect minute amounts of MDA (malondialdehydes) in urine. Because OxiScore™ is so sensitive, it can be affected by variables that may contribute to inconsistent readings. The detailed pre-test instructions provided below will help limit these variables and enable you to produce consistent meaningful results. *Read these instructions thoroughly and follow them carefully* to produce a “Baseline Value” (initial starting point), and then in three to four weeks retake the test to produce an “End Point Value”. The difference in your test results will be a valuable tool to evaluate the progress of the nutritional and lifestyle changes you have made. Check our website, www.oxiscore.info, to learn more about this test, oxidative stress, and lifestyle management.

Warning: Consult with your physician if you are unsure of your ability to follow these instructions due to a pre-existing medical condition. OxiScore™ is not designed to replace any medical tests or treatments. OxiScore™ is not intended to diagnose, treat or prevent any disease.

PRE-TESTING INSTRUCTIONS: To be followed beginning 24 hours before taking the test.

Control Fluid Intake.

OxiScore™ measures the concentration of MDA in urine. The concentration of MDA in urine is affected by the amount of fluids one drinks the day before the test. For this reason fluid intake for the 24 hour period prior to testing should be controlled and consistent each time the test is taken. Drinking the recommended 8-10 glasses of water a day is advisable. Too little fluid intake will hyper-concentrate the urine and can produce high readings. If you normally consume more water than this, or cannot consume the recommended amount, then be sure to be consistent with how much you drink each time you take the test so that your results will be consistent and comparable.

Avoid Caffeine.

Caffeine is a type of drug called a diuretic. Diuretics cause increased fluid movement to the bladder and can cause irregular voiding of urine. Caffeine, as a drug, can also increase MDA production.

Do Not Take Nutritional Supplements, Vitamins or Antioxidants.

Any oral intake of vitamins or medication that turns your urine to an excessively yellow color may interfere with your ability to interpret the reading of your OxiScore™ test. Key vitamins that discolor urine are: vitamin C, vitamin B complex, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (panothenic acid), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin).

Avoid Alcohol.

Alcohol usage of any kind can increase test scores, including red wines.

Eat the Same Foods.

Dietary and nutritional intake is a key part of controlling oxidative stress. Certain foods can have strong effects on MDA levels, especially if one experiences any types of reactions to the foods. We recommend having something you enjoy eating regularly for breakfast lunch and dinner, and then to be sure to eat the same foods 24 hours before each time you test. The more consistent your life is 24 hours prior to the test, the more meaningful the test results will be. *You can log your food and liquid intake on the chart provided - page 2 “Food and Liquid Intake Chart”.*

Avoid Strenuous Exercise.

Rigorous exercise tears down muscle tissue and that translates to high MDA levels in urine and a high OxiScore™ reading. However, MDA levels from strenuous exercise are NOT necessarily indicative of oxidative stress. If possible, plan to take the test the day after your regular day of rest from exercise.

Use Consistent Times Between Voids, and First Morning Voids.

MDA is continually collecting in the bladder 24 hours a day. OxiScore™ is measuring the amount of MDA collected between the last time you voided your bladder and the present void. If there is a large discrepancy between how many hours are spent between voids, this can translate into non-meaningful comparisons between tests. 5-8 hours of collection time are recommended for the OxiScore™ test. There is a space at the bottom of the dietary chart below to log void times and the total collection hours. The first morning void is the recommended void to use with OxiScore™.

Food and Liquid Intake Chart:

Use this chart to log your fluid intake and dietary choices for the 24 hours prior to taking the OxiScore™ test, as well as your last void time and the number of hours between the last void time and the collection time. Try to duplicate these choices each time you take the test. The more consistent you are with controlling these variables, the more meaningful the results of the test will be.

OxiScore™ Baseline (first test) – Date:

Breakfast	Lunch	Dinner	Snacks/Notes

Fluid Intake					
Ounces	Time	Ounces	Time	Ounces	Time
Time of last void the night before:					
Time of morning void for testing:					
Hours difference between voids:					

OxiScore™ Comparison Test – Date:

Breakfast	Lunch	Dinner	Snacks/Notes

Fluid Intake					
Ounces	Time	Ounces	Time	Ounces	Time
Time of last void the night before:					
Time of morning void for testing:					
Hours difference between voids:					