

## INDICAN IN URINE

This test checks the disturbance of gut flora. It does not give an indication of the kind of pathological flora.

### **INDICAN IN URINE**

The amino acid Tryptophan is converted to indole by intestinal bacterial cleavage of the side chain. After absorption indole is converted to indican in the liver. The indican is excreted in the urine. As most endogenous indoles have a side chain which prevents cleavage, the production of indican reflects bacterial activity in the intestine.

### **REMARK**

A positive test may also indicate malabsorption of protein or a high protein (tryptophan) intake. The latter could be eliminated by a moderate protein intake for two days prior to testing.

### **TEST INDICATIONS**

- Allergy and Intolerances
- Autism, Hyperactivity and poor Concentration
- Diarrhea and Constipation
- Recurrent Headaches
- Disturbed Immunity
- Recurrent Infections
- Malabsorption and Deficiencies
- Skin problems
- Tiredness

### **COMPLEMENTARY TESTS:**

- Candida antibodies (in blood)
- Faeces test
- Gut permeability
- Organic acids (in urine)

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