24 hour urine test for Aluminum

Measuring Accumulated Aluminum – The best way to measure your body burden of accumulated aluminum is to have your urine tested for total aluminum excreted in 24 hours by a laboratory, such as LabCorp (test no. 071555)[34] . see link below

The 24-hour total aluminum test has three requirements:

- Aluminum must be measured in units of μg/L or μM/L by the laboratory
- Aluminum must be detected down to a level of 3μg/L that is equivalent to 0.11 μM/L
- The total volume of urine must be measured in liters (L)

There are laboratories that only report aluminum/creatinine ratios and/or can't detect aluminum at sufficiently low levels. Check with the laboratory first before submitting your urine for testing.

Here is a link for getting this test from Labcorp

https://requestatest.com/

The 24 hour urine test number is 071555

Instructions are given when you go to pick up your supplies at the lab.

You cannot get this test in New York, New Jersey, Rhode Island or Massachusetts

LabCorp is the lab used by request a test. In September 2021 the test cost $109.

Here are 2 ways to do this testing.

1. If you have not started to drink silica water or you have been drinking silica water for less than 1 month) you can use this method.

   Do 2 tests:
   First one is baseline testing and the second testing is to see if the amount of aluminum excreted decreases after drinking silica water for 4 months.

   For the 1st test do not drink any silica water the day before the test and on the day of the test.
   For the 2nd test drink 4 cups of silica water and spread your drinking throughout the day.

2. If you have been drinking Silica water for more than 4 months.

Do one test. On the day of the test drink 4 cups of silica water and spread your drinking throughout the day.

Interpreting your results.

Here is a table for interpreting the results.

To use table 2 you take the total aluminum for 24 hours from your lab results and divide by 27 which is the molecular weight of aluminum. Using the figures in the second column you can see where you fall.

Table 2. Aluminum (Al) in 24-hour Urine Samples

Group	n**	Al (uM/24hr)	Range of Al (uM/24hr)	Ref.***
Heathy Young Adults age 22.5 ±0.5	6	0.67	±0.22	35
Heathy Middle Aged Adults age 47.8 ±7.9	6	1.74	±0.52	35
Heathy Elderly age 69.2 ±4.4	5	2.00	±0.44	35
Patients with AD age 68.2 ±6.9	5	2.89	±1.04	35
Healthy Elderly Drinking OSA age 71 ±4*	2	0.59	±0.12	39

'* 4 cups of 124ppm orthosilicic acid (OSA) as Silicade taken orally per day for 6 years including the day during which urine was collected; ** n is the number of people in the group; *** see reference section

Instructions for 24 hour urine test

LabCorp
Laboratory Corporation of America

READ BEFORE START OF COLLECTION

TO THE PATIENT: Follow these instructions by collecting your 24-hour urine specimen. This container is the only container to be used for the collection.

You will find it more convenient to void (urinate) into the small container provided and transfer the urine into the larger collection container. DO NOT add anything but urine to the container and DO NOT pour out any liquid or powder that may already be in the collection container. The collection container should be kept refrigerated throughout the collection period.

1. Upon arising in the morning, urinate into the toilet, emptying your bladder completely. DO NOT COLLECT THIS SAMPLE. (Note the exact time and print it on the container label.)

2. Collect all urine voided for 24 hours after this time in the container provided by the physician. All urine passed during the 24-hour time period (day and night) must be saved. Urine passed during bowel movements must also be collected.

3. Refrigerate the collected urine between all voidings or keep urine in a cool place.

4. At exactly the same time the following morning, void completely again (first time after awakening), and add this sample to the collection container. This completes your 24-hour collection.

5. Take the 24-hour urine specimen to the physician's office or laboratory as soon as possible, maintaining the cool temperature in transit by placing the specimen in a portable cooler or insulated bag.

IF YOU HAVE ANY QUESTIONS, CONTACT YOUR PHYSICIAN