

BiomeBurden™ Complete

An in-depth view of your immune system's response to yeast, mold, & microbial triggers.



Why Test for Microbial and Mold Exposure?

Your immune system is your body's defense system and it's constantly interacting with the microbes inside you. Sometimes, that balance breaks down. This test reveals how your immune system is reacting—offering insight into possible sources of inflammation or chronic immune stress.

When to Consider the BiomeBurden™ Test



Digestive Discomfort

Bloating, gas, cramping, indigestion, diarrhea, or constipation may signal gut imbalance or immune activation.



Skin & Mucosal Symptoms

Rashes, eczema, toenail fungus, vaginal discomfort, or a white-coated tongue can signal inflammation or fungal overgrowth.



Brain Fog & Focus Issues

Brain fog, memory issues, trouble concentrating, depression, or mood swings may be signs of gut-immune dysfunction.



Chronic Fatigue & Pain

Unexplained tiredness, joint aches, or muscle soreness may stem from microbial reactivity or low-grade inflammation.



Recurring Infections

Frequent yeast or urinary tract infections, sinus issues, or swelling may point to immune dysregulation.



Cravings & Autoimmune Clues

Strong sugar cravings, bad breath, or autoimmune-related symptoms could suggest underlying microbial reactivity.



What are we testing?

The **BiomeBurden™** testing series offers flexible options for evaluating microbial immune reactivity and immune regulation.

Each level adds more insight—starting with Candida reactivity, expanding to molds and bacteria, and culminating in full immune cell profiling.

MycoBiomeBurden™ Foundational	Screens for immune reactivity to 12 Candida species—plus their virulence factors (toxins and enzymes they release).
MicroBiomeBurden™ Expanded	Adds reactivity testing to 9 fungal organisms like mold and yeast—including Aspergillus, Penicillium, and Fusarium.
BiomeBurden™ Complete Comprehensive	Assesses T-cell function and lymphocyte balance—critical for your immune system's ability to respond, regulate, & recover.

Ask your provider about BiomeBurden™ if you experience:

- Chronic bloating, food intolerances, or IBS
- Brain fog, mood changes, or fatigue
- Mold exposure or a history of water-damaged buildings
- Persistent sinus, skin, or respiratory issues
- MCAS, chemical sensitivity, or histamine intolerance
- Autoimmune flares or unexplained immune dysfunction

How the Sample Is Collected:

- Simple blood draw – just two vials: one serum, one whole blood
- Quick and minimally invasive – no special prep or fasting required
- Reflects immune activity across your whole body – not just within the gut
- No stool samples or swabs – just a clean, straightforward collection

What Makes BiomeBurden™ Different?

Unlike stool tests that only show what's present, **BiomeBurden™** reveals how your immune system is reacting—so you can catch imbalances that matter before they become chronic.

Talk to your provider today to see if **BiomeBurden™** is right for you.

Learn more at JoinCyrex.com

