

[BACK to](#)[Metabolism](#)[Main Page](#)

## Lipid Peroxides, #109

- Sample required: 1 test tube of urine
- Lab reporting time: 3 business days
- Direct measurement of lipid peroxides (LPO-CC) correlates 98 – 99% with serum lipid peroxides

### Overview

The Lipid Peroxides test uses a urine sample to measure oxidative damage caused by free radical activity.

### Lipid Peroxides

The level of lipid peroxides is an index of cellular membrane damage caused by the action of free radicals. The membranes of the organelles within the cells (mitochondria, lysosomes, peroxisomes etc.) can also be damaged. Membrane proteins, membrane lipids and cholesterol can be damaged due to an insufficiency of antioxidants to deal with the level of oxidative stress/free radicals. The elevation of lipid peroxides serves as an early warning of the potential long-term effects of oxidative stress. The outcome of long-term oxidative stress is chronic degenerative disease, an example being the peroxidation of low-density lipoproteins contributing to atherosclerosis. Other associated diseases include coronary artery disease and cancer, the leading causes of death in the United States.

Oxidative stress can result from exposure to toxins or pathogens; especially chemicals; inappropriate lifestyle factors; such as excessive exercise; or byproducts of normal metabolism. Monitoring the level of antioxidants is important, because while low levels can result in an excess of free radicals, high levels can cause fatigue and weakness. Proper free radical control is essential to good health.

### Clinical Use

This profile provides data relevant to a multitude of health disorders. Its findings are applicable in treating existing health concerns and in counseling for nutritionally based wellness and anti-aging programs. This lab test assesses oxidative stress level and the need for antioxidant supplementation.

### Conditions Assessed

Conditions assessed include persistent or recurring infection, low energy, the potential for chronic degenerative disease and other vague, generalized symptoms.



### Additional Resources:

- [Lipid Peroxides \(LPO-CC assay\)](#)

### Logical Sequence of Testing

The logical sequence of using this test as an initial or follow-up test is determined by a variety of individual considerations, including the patient's chief complaint, the array of signs and symptoms, the chronicity of the condition, the tests previously taken, and the judgment of the practitioner. Technical assistance is available from BioHealth Diagnostics' support staff.

[Site Map](#) | Copyright © 2006 BioHealth Diagnostics  
2929 Canon Street, San Diego, CA 92106 | 800.570.2000 | [Disclaimer](#)