Positive pyroluria test
5 steps: what next

A free guide for people whose morning-urine test showed elevated pyrroles.

What happens in pyroluria

In pyroluria the body excretes increased amounts of pyrrole molecules (kryptopyrroles, also referred to as HPL) in the urine. They bind **zinc** and **vitamin B6** and carry them out of the body — even if your diet provides enough. Both nutrients are part of hundreds of enzymes: making serotonin and GABA, immunity, digestion, skin and hormones. That is why pyroluria shows up so differently — from low stress tolerance and anxiety to poor dream recall and frequent infections. In German-speaking countries it is called KPU or HPU.

The good news

A positive result is not a lifelong label but a specific biochemical clue. It can be worked with in a targeted way — step by step, with measurement and under medical supervision.

1 Understand your result
2 Measure first, supplement second
3 Start slowly, one at a time
4 Stress, sleep and digestion
5 Track your progress

WHAT THE TEST SHOWS — AND WHAT IT DOES NOT

1 Understand your result

The test measures the amount of pyrroles in morning urine. A **positive result** means your body excretes more of them than usual — and with them zinc and B6. It is not a diagnosis of a mental disorder, nor proof that all your symptoms have this cause.

The level does not indicate severity. It fluctuates from day to day with stress, sleep or infection. A person with a “lower” positive result can have stronger symptoms than someone with a high one.

A **borderline result** is neither “yes” nor “no”. The overall picture decides: your symptoms, blood values and how things develop.

If your test came back **negative** although the symptoms fit, check the preparation: taking zinc or B6 before the test, menstruation, antibiotics in the last two weeks or an iron infusion can lower the result.

WHICH BLOOD VALUES TO CHECK BEFORE YOU START

2 Measure first, supplement second

Pyroluria causes losses, but **how large your deficit is** only shows in your blood. Supplementing blindly can miss the target — or overlook another problem.

Before you start, it is worth knowing above all:

- **zinc** — often low
- **copper** and the copper : zinc ratio — with low zinc, copper tends to be higher
- **vitamin B6** — ideally the active form P-5-P
- **manganese** — it also binds to pyrroles
- if needed **ferritin, vitamin D, homocysteine**

All the main values (zinc, copper, manganese, B6, selenium and more) are measured by the **PsyLab Vitamin & Mineral Test** from a single blood draw.

WHY STARTING EVERYTHING AT ONCE DOES NOT PAY OFF

3 Start slowly, one at a time

The most common mistake is to start everything at once and at high doses. If you then feel unwell, you cannot tell what caused it.

One change at a time. Add a new supplement only once you tolerate the previous one well — usually after a few days.

Go carefully with B6. Some people with pyroluria initially react to B6 with restlessness, vivid dreams or headaches. That is a signal to slow down and seek advice, not a reason to give up. Some practitioners therefore start with zinc and introduce B6 gradually.

Take zinc with food — on an empty stomach it can cause nausea.

Watch out for copper in multivitamins and some B-complexes. Read the labels.

Specific doses and sequence are decided by a doctor based on your results.

SUPPLEMENTS ALONE ARE NOT ENOUGH

4 Stress, sleep and digestion

Stress increases pyrrole excretion — and with it the losses of zinc and B6. That is why stress, sleep and diet are part of the treatment, not an add-on.

- **Sleep:** regular times, darkness, fewer screens in the evening.
- **Breakfast:** with morning nausea a small meal with protein is enough — skipping breakfast worsens energy swings.
- **Regular meals** with protein through the day help keep your mood stable.
- **Digestion:** if something repeatedly disagrees with you, write it down — intolerances are common in pyroluria.
- **Pace your exertion:** movement yes, exhausting training rather not.

SYMPTOM DIARY AND BLOOD CHECKS

5 Track your progress

Changes come gradually. People often describe the first improvements (sleep, dreams, stress resilience) within weeks, and more marked changes over months.

Keep a diary — once a week rate your symptoms from 0 to 10. It helps you and your doctor see what works.

Check progress with blood tests (zinc, copper, B6), usually after 3 months — not with repeated urine tests. Pyrroles fluctuate and say little about how your nutrient stores are recovering.

Do not change medication on your own. If you take antidepressants or other medicines, discuss any change with your doctor.

Checklist

- [ ] I understand what my result means and what it does not
- [ ] I have my blood values measured (zinc, copper, B6, manganese)
- [ ] I have agreed on a plan and doses with my doctor
- [ ] I introduce supplements one at a time
- [ ] I work on sleep, stress and regular meals
- [ ] I keep a symptom diary
- [ ] I have a blood check scheduled in 3 months

How PsyLab can help

Vitamin & Mineral Test
12 blood parameters including zinc, copper, manganese and B6.
€199

Educational consultation (60 min)
We go through your result and explain the individual values.
€150

This material is educational and does not replace medical examination or treatment. Pyroluria is not a uniformly recognised diagnosis in conventional medicine; we describe the orthomolecular approach (C. C. Pfeiffer, W. J. Walsh). Decisions about food supplements and their dosage are made by a doctor.

Sources: Walsh, W. J. — Nutrient Power (2012); Pfeiffer, C. C. — Nutrition and Mental Illness (1987).