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AMEA vs EMMA

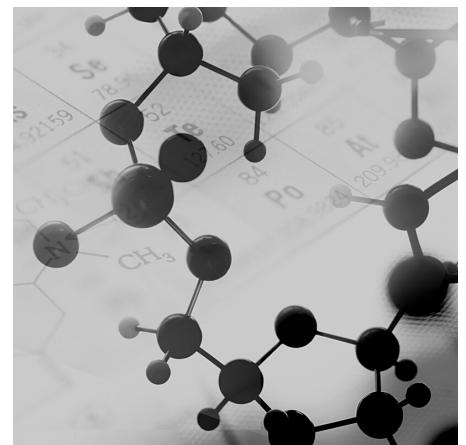
WHY AMEA AIRBORNE MYCOTOXIN TESTING METHOD IS THE REAL WINNER

Introduction

Currently, there are two methods to determine whether or not you have carcinogenic airborne mycotoxins present in your indoor environment. The first is utilizing air samples. The second is utilizing a dust sample. Now, you may be thinking, “why would you test dust when determining the air quality of a home, building, or other structure? Sounds a bit counterintuitive right? Well, that’s exactly the problem. How can you accurately say that the air within an indoor environment is mycotoxin free when you’re not even testing the air? Respirare Labs has just introduced the first airborne mycotoxin assessment by an air sample. This is a patented testing process. It’s called **AMEA, (Airborne Mycotoxin Environmental Assessment)**. In this article, we will be comparing Respirare’s AMEA to RealTimeLabs EMMA (Environmental Mold and Mycotoxin Assessment)

**AMEA: THE FUTURE
OF AIRBORNE
MYCOTOXIN
TESTING**

RESPIRARE LABS



COLLECTING DUST IS FOR SWIFFERS, NOT AIR QUALITY TESTING

EMMA: (Environmental Mold and Mycotoxin Assessment)

EMMA, a dust collection method for mycotoxin testing in indoor environments. EMMA's testing protocols are insufficient and lack strict protocols. Because of the lack of a testing standard, dust samples are collected in areas which have not been cleaned in months or years. Testing dust behind refrigerators that have accumulated for years does not present a real-time exposure to mycotoxins. Keep in mind this is settled dust, not airborne. Settled dust does not become significantly airborne through daily activity and dust that has not been cleaned in years rarely is activated. It also does not pinpoint which room the exposure is located. Furthermore, EMMA lacks a standard to ensure the mycotoxins have been adequately remediated from the structure. The lab states to just send in additional dust Samples. If the remediation was performed correctly, where do you get the dust to sample? How long do you wait to ensure it is safe to occupy the structure?

According to The Home Depot, "fiberglass air filters... generally need to be changed every 30 days or less. Pleated air filters...can last up to 90 days, depending on use." How often are people changing out their air filters though? A study was conducted for The Zebra using Google Consumer Surveys on the percentage of Americans that fail to change their air filters monthly. The sample consisted of no less than 1,000 completed responses per question and was conducted in July 2019. It was shown that "29% percent of Americans never change their air filter in their home. The majority of Americans (82%) fail to change their air filter monthly. Of those who do change it, most people (31%) only change it every few months" (The Zebra). This study exhibits inadequate consistency of the dust that would be present on these filters. In addition, you have no idea when it got there and for how long it's been there.



So, how can you determine if mycotoxins are present in an indoor environment if you don't have any idea what dust you are testing? How can you accurately pass or fail a post-remediation test for mycotoxins if:

- A. You're using the same filter with the same dust you originally tested?
- B. You put in a new filter after remediation is done and have no dust to collect for testing?

Here at Respirare Labs, we want to demonstrate why our AMEA mycotoxin testing approach is far superior. Respirare labs DOES NOT test for airborne mycotoxins from third-party sources such as dust on A/C or heater filters. **Respirare Labs tests the air you breathe, in the rooms you breathe in.** Below, you will find more information on AMEA, how it works, and our method of standardization so you can get the most accurate, timely results on airborne mycotoxins on the market.

RESPIRARE LABS AMEA TEST

OVERVIEW

AMEA: (Airborne Mycotoxin Environmental Assessment)

AMEA, by Respirare Labs: This sampling process and analysis is designed to identify the 10 most prevalent airborne mycotoxins (if present), and aid the occupants in both environmental and health investigations. Air sampling is the most common method used to identify mold presence and its composition. It is considered the strongest strategy for mold testing, especially when conducted for health concerns, as it provides a better understanding of airway exposure than tests using dust or urine samples.

Air sampling can be conducted using both passive (“non-aggressive”) and active (“aggressive”) techniques, i.e. sampling still air, and sampling actively mixed air, respectively. Passive sampling can detect the fungal material that is already airborne and is dependent on the level of activity that has taken place within the tested space right before the testing. Active sampling, on the other hand, yields results that are independent of the level of activity and can also detect mold that is dormant under still conditions. It is also shown that large size mold particulates are not detected utilizing passive sampling, whereas active sampling makes their presence clear.

The AMEA sampling process requires airborne mycotoxin testing to be performed under active sampling for the most accurate, consistent results. This requires the Indoor Environmental Professional (IEP) to condition the room beforehand, every time.



Conditioning refers to mixing up the air within the area of concern. This is done through the usage of an air blower. In addition to blowing the floor, the IEP (Indoor Environmental Professional) should blow under and around all furniture in the room. Once the room has been conditioned properly, sampling can begin.

AMEA TESTING PROCESS: SIMPLE, A PUSH OF A BUTTON

Set-up time = 5 mins

Identify the room(s) you will be sampling. Respirare Labs recommends sampling family/living rooms as a base comparison to rooms identified as areas of concern. The AMEA kit includes instructions on how to assemble the testing equipment. It's roughly a 5 min assembly process in total. The pump included has been programmed to run for 1 hour at a flow rate of 2 liters per minute.

Once the initial setup of the testing equipment has been put together, press the play button on the pump to begin. It's that easy. All that's left is to send Respirare Labs back the individual myco-cassettes to be examined for airborne mycotoxins.

Below, you will find a side-by-side comparison of the two testing methods and the labs that own them.



AMEA vs EMMA COMPARISON

Airborne Mycotoxin Testing	1 Respirare Labs	2 Real Time Labs
Who Can Order a Test	Anyone	Anyone
Specimen Type	Air	Dust
Turnaround Time	7 business days	10 business days
Tests different rooms or areas of concern	Yes	No
Standardized Process	Yes	No
Price for Patients/Homeowners	\$399	\$399

In Conclusion, the AMEA vs EMMA comparison should help improve your understanding of the two tests. Collecting dust is for swiffers, not for air quality testing. That is why Respirare tests for mycotoxins directly from the source of human transmission, the air within an indoor environment. Respirare Labs has the science that nobody else has. Respirare's technique is unmatched, striving to be the leader in indoor air quality testing so people can spend time indoors safely and comfortably. It's time to stop putting your health in the hands of unreliable, inconsistent, dust in your building or home's air filters. Rather, it's time to put it in the hands of a company that samples the air you breathe so you know exactly what you are inhaling daily.