

The following includes the most common symptoms associated with the condition Pyroluria. If you answer "yes" to 15 or more of these then further testing may be worthwhile:

PYROLURIA QUESTIONNAIRE

1. Little or no dream recall
2. White spots on finger nails
3. Poor morning appetite +/- tendency to skip breakfast
4. Morning nausea
5. Pale skin +/- poor tanning +/- burn easy in sun
6. Sensitivity to bright light
7. Hypersensitive to loud noises
8. Reading difficulties (e.g. dyslexia)
9. Poor ability to cope with stress
10. Mood swings or temper outbursts
11. Histrionic (dramatic) tendency
12. Argumentative/enjoy argument
13. New situations or changes in routine (i.e., traveling) particularly stressful
14. Much higher capability and alertness in the evening, compared to mornings

15. Poor short term memory
16. Abnormal body fat distribution
17. Belong to an all-girl family with look-alike sisters
18. Dry skin
19. Anxiousness
20. Reaching puberty later than normal
21. Difficulty digesting, a dislike of protein or a history of vegetarianism
22. Tendency toward being a loner and/or avoiding larger groups of people
23. Stretch marks on skin
24. Poor sense of smell or taste
25. Feel very uncomfortable with strangers
26. Frequently experience fatigue
27. A tendency to overreact to tranquilizers, barbiturates, alcohol or other drugs (in other words, a little produces a powerful response)
28. A tendency toward anemia
29. History of mental illness or alcoholism in family
30. Easily upset by criticism

31.Sweet smell (fruity odor) to breath or sweat when ill or stressed

32.Prone to acne, eczema or psoriasis

33.A tendency toward feeling anxious, fearful and carrying lifelong inner tension

34.Difficulty recalling past events or people

35.Bouts of depression or nervous exhaustion

36.Prone to frequent colds or infections

Again, if you have answered yes to 15 or more of these then consider testing further using a urinary screening test for the presence of elevated kryptopyrroles via Bio Center Lab in Wichita, Kansas (Phone: 316-684-7784 or 1-800-494-7785). Here is their [website](#) for more information. [Pyrroles 1 Collection Test Info](#).

Testing for this condition is simple, relatively inexpensive and readily accessible to anyone without a prescription.

NOTE: It's important that a clear laboratory diagnosis is determined before attempting high dose supplementation with zinc and/or B6. Working closely with a qualified health care provider knowledgeable about this condition is strongly suggested.

For additional reading or research:

- The Relationship Between an Unknown Factor (US) in the Urine of Subjects and HOD Test Results. *J Neuropsychiatry* 2:363-368, 1961. (by Abram Hoffer MD, PhD & Humphry Osmond, M.D.)
- The Presence of Unidentified Substances in the Urine of Psychiatric Patients 2:331-362, 1961 (by Abram Hoffer M.D, PhD, *et al*)
- The Presence of Malvaria in Some Mentally Retarded Children. *Amer J Ment Def* 67:730-732, 1963. (by Abram Hoffer M.D, PhD, *et al*)

- Malvaria: A New Psychiatric Disease. *Acta Psychiat Scand* 39:335-366, 1963. (by Abram Hoffer MD, PhD & Humphry Osmond, M.D.)
- Malvaria and the Law. *Psychoso-matics*, 7:303-310, 1966. (by Abram Hoffer M.D, PhD, *et al*)
- Mauve spot and schizophrenia. *American Journal of Psychiatry* 125(6):849-851, 1968.
- Biochemical relationship between kryptopyrrole (mauve factor and trans-3-methyl-2-hexenoic acid schizophrenia odor). *Res Commun Chem Pathol Pharmacol* 1973 (by Carl Pfeiffer MD, PhD, *et al.*)
- Studies on the occurrence of the mauve factor in schizophrenia [article in Polish]. *Psychiat. Pol.*, 7(2):153-9, 1973.
- Treatment of pyroluric schizophrenia (malvaria) with large doses of pyridoxine and a dietary supplement of zinc. *J. Orthomolecular Psychiatry*3(4):292 1974 (by Carl Pfeiffer PhD, MD & Arthur Sohler PhD)
- A rapid screening test for pyroluria; useful in distinguishing a schizophrenic subpopulation. *J. Orthomolecular Psychiatry* 1974 3(4):273 (by Arthur Sohler PhD)
- **Neurological and behavioral toxicity of kryptopyrrole in the rat.**, *Pharmacol Biochem Behav* 3(2):243-50 1975
- Zinc and Manganese in the Schizophrenias. *J. Orthomolecular Psychiatry* 12(3):215 1983 (by Carl Pfeiffer PhD, MD and Scott LaMola, BS)