

Case Study

Restoring Health Through MosaicDX's Metabolic Testing and Targeted Interventions

Patient Opportunity

Agam is a 12-year-old girl who, until about a year and a half of age, was developing typically and living a peaceful, stable early childhood. Gradually, subtle but concerning changes began to emerge. She became increasingly selective with food, favoring simple carbohydrates and sweets. Over time, she began mouthing non-food items, such as toilet paper. Her eye contact diminished, her ability to communicate declined, and she eventually stopped speaking altogether.

Once a cheerful, expressive child, Agam slowly withdrew into a world of silence. A formal diagnosis soon followed as Agam was identified as being on the autism spectrum. This diagnosis marked a profound turning point in her life and opened the door to exploring deeper clinical insights and potential therapeutic opportunities aimed at supporting her development, communication, and overall well-being.

Approach

As both a pharmacist and chemist, I knew the most effective way to understand what was happening inside Agam's body was through comprehensive laboratory evaluation. Suspecting nutritional imbalances and metabolic disruption, I ordered an in-depth testing panel, including MosaicDX's Organic Acids Test (OAT).

Key Findings

The results offered clarity and a roadmap for intervention:

- Low serotonin indicators
- Fungal overgrowth
- Elevated FDCA and HMFA
- Oxidative stress + mitochondrial dysfunction



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"Using MosaicDX's Organic Acids Test, multiple areas of dysfunction were identified. Through individualized supplementation with targeted minerals and vitamins and the Krebs cycle—overall cellular function improved."

About the Patient

2-Year-Old Female

Presenting Concerns:

- Selective eating
- Ingestion of non-food items
- Limited eye contact and communication

"The goal for running the OAT is a clear understanding of the many variables shaping a patient's metabolic health and creating an individualized plan based on objective findings is the foundation for meaningful outcomes."

These insights guided a targeted, three-step clinical strategy:

- 1. Restore Gut Balance** by addressing fungal overgrowth and support microbiome resilience.
- 2. Correct Nutrient Deficiencies** by replenishing essential vitamins and minerals foundational for metabolic and neurological health.
- 3. Reduce Oxidative Stress** by strengthening mitochondrial activity and improve cellular energy metabolism.

Results

With consistent intervention and ongoing monitoring, significant improvements were observed:

- Agam re-established eye contact.
- Her communication began to return.
- She became more engaged, social, and emotionally expressive.
- Her earlier symptoms were no longer measurable within the autism spectrum.



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