



SEX: Male
AGE: 53

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.3	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.025	< 0.080	
Barium (Ba)	0.41	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.041	< 2.0	
Cadmium (Cd)	0.015	< 0.065	
Lead (Pb)	0.15	< 0.80	
Mercury (Hg)	0.77	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.023	< 0.060	
Nickel (Ni)	0.08	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.24	< 0.30	
Titanium (Ti)	0.28	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium (Ca)	846	200- 750	
Magnesium (Mg)	51	25- 75	
Sodium (Na)	19	20- 180	
Potassium (K)	3	9- 80	
Copper (Cu)	28	11- 30	
Zinc (Zn)	210	130- 200	
Manganese (Mn)	2.9	0.08- 0.50	
Chromium (Cr)	0.36	0.40- 0.70	
Vanadium (V)	0.021	0.018- 0.065	
Molybdenum (Mo)	0.023	0.025- 0.060	
Boron (B)	0.21	0.40- 3.0	
Iodine (I)	0.30	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	165	150- 220	
Selenium (Se)	0.80	0.70- 1.2	
Strontium (Sr)	0.74	0.30- 3.5	
Sulfur (S)	49900	44000- 50000	
Cobalt (Co)	0.012	0.004- 0.020	
Iron (Fe)	6.5	7.0- 16	
Germanium (Ge)	0.026	0.030- 0.040	
Rubidium (Rb)	0.004	0.011- 0.12	
Zirconium (Zr)	0.080	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/29/2015	Sample Size: 0.198 g	Ca/Mg	16.6
Date Received: 05/07/2015	Sample Type: Head	Ca/P	5.13
Date Completed: 05/09/2015	Hair Color: BLond	Na/K	6.33
Methodology: ICP/MS	Treatment: Dye	Zn/Cu	7.5
	Shampoo: Pantene	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Hair Test 1091

1. What are your current symptoms and health history?

Poor stress tolerance. Mood swings. Easily agitated. Adrenal fatigue syndrome symptoms. I have insomnia, fall asleep quickly, but sleep lightly and wake up often with trouble falling back asleep. I'm exhausted in the mornings and have a hard time waking up. I have hypothyroid symptoms including a consistent low body temperature. I have had clinical depression and anxiety. I take nutritional supplements that have helped with the depression and anxiety.

I have had chemical sensitivities for as long as I remember. What I mean by this is that strong scents bother me, even many perfumes and colognes. Chemical odors tend to give me a headache and make me irritable.

2. Dental history: One molar removed when I was 12 years old. One wisdom tooth was removed when I was 33? I had 8 silver amalgams placed when I was 18 years old. At the time of this hair test I still had all of them in my mouth. I am in the process of having them removed now. No root canals.
3. 8 amalgams. This test was done before beginning any dental work.
4. I have no idea about my mother's dental procedures other than to know that they removed most of her teeth at an early age, around 18 years old. I don't think she ever had any mercury amalgams.
5. My employer mandates that I get a flu shot every year. I've been doing that for about 20 years. I get a tetanus vaccination regularly. I have probably had 5 of them in the past 25 years. I also have to get a tuberculosis skin test every year which requires a subcutaneous injection (PPD skin test).

6. Nutritional supplements:

Multiple:

Vitamin A (as beta-carotene and acetate)	5000 IU
Vitamin C (as ascorbic acid, niacinamide and calcium ascorbates)	500 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate, D-alpha tocopherol)	100 IU

Thiamine (vitamin B1) (as thiamine HCl)	75 mg
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	50 mg
Niacin (as niacinamide and niacinamide ascorbate)	50 mg
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	75 mg
Folate [from lemon extract (peel)]	400 mcg
Vitamin B12 (as methylcobalamin)	300 mcg
Biotin	300 mcg
Pantothenic acid (as D-calcium pantothenate)	100 mg
Calcium (as calcium ascorbate, D-calcium pantothenate)	12 mg
Iodine (from kelp)	150 mcg
Magnesium (as magnesium oxide)	100 mg
Zinc (as zinc citrate, OptiZinc® zinc monomethionine)	30 mg
Selenium [as Se-Methyl L-Selenocysteine, L-selenomethionine (yeast free) (SelenoPure™), sodium selenite]	200 mcg
Manganese (as manganese gluconate)	2 mg
Chromium [as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit]	200 mcg
Molybdenum (as molybdenum amino acid chelate)	100 mcg
Potassium (as potassium citrate)	25 mg
Alpha lipoic acid	25 mg
Boron (as Albion® bororganic glycine)	3 mg
Choline (as choline bitartrate)	20 mg
Inositol	50 mg
Marigold extract (flowers) [std. to 5 mg <i>trans</i> -lutein and 155 mcg <i>trans</i> -zeaxanthin]	11.12 mg
Lycopene [from Tomat-O-Red® natural tomato extract (fruit)]	2 mg
Natural mixed tocopherols (providing gamma, delta, alpha, beta)	20 mg
NIAGEN® Nicotinamide Riboside	1 mg

Fish Oil:

EPA (eicosapentaenoic acid)	700 mg
DHA (docosahexaenoic acid)	500 mg
Typical DPA (docosapentaenoic acid)	78 mg
Polyphen-Oil™ Olive extract (fruit and leaf) [providing 19.5 mg polyphenols, 5.2 mg hydroxytyrosol/tyrosol, 4.4 mg verbascoside/oleuropein]	300 mg
Sesame seed lignan extract	10 mg

Extra Vitamin D: 5,000 IU daily

Magnesium (Citrate): 320 mg daily

7. 53 years old. 5'10 1/2" 191 pounds.

8. Saint Louis, MO USA. I have lived within 50 miles in this area my whole life.