



SEX: Male
AGE: 34

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.3	< 7.0	
Antimony (Sb)	0.019	< 0.066	
Arsenic (As)	0.035	< 0.080	
Barium (Ba)	0.33	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.050	< 2.0	
Cadmium (Cd)	0.042	< 0.065	
Lead (Pb)	0.43	< 0.80	
Mercury (Hg)	1.7	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.003	< 0.060	
Nickel (Ni)	0.09	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.42	< 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)	216	200- 750			
Magnesium (Mg)	22	25- 75			
Sodium (Na)	16	20- 180			
Potassium (K)	11	9- 80			
Copper (Cu)	23	11- 30			
Zinc (Zn)	220	130- 200			
Manganese (Mn)	0.08	0.08- 0.50			
Chromium (Cr)	0.40	0.40- 0.70			
Vanadium (V)	0.018	0.018- 0.065			
Molybdenum (Mo)	0.026	0.025- 0.060			
Boron (B)	0.38	0.40- 3.0			
Iodine (I)	0.19	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	198	150- 220			
Selenium (Se)	0.70	0.70- 1.2			
Strontium (Sr)	0.19	0.30- 3.5			
Sulfur (S)	49000	44000- 50000			
Cobalt (Co)	0.003	0.004- 0.020			
Iron (Fe)	5.8	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.019	0.011- 0.12			
Zirconium (Zr)	0.050	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 05/23/2015	Sample Size: 0.199 g	Ca/Mg	9.82	4- 30
Date Received: 06/02/2015	Sample Type: Head	Ca/P	1.09	0.8- 8
Date Completed: 06/05/2015	Hair Color: Brown	Na/K	1.45	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	9.57	4- 20
	Shampoo: Nizoral	Zn/Cd	> 999	> 800

Hair Test 1099

What are your current symptoms and health history?

Had insomnia and generalized anxiety all my life, even as a child. I have trouble focusing and often jump from one task to another, symptoms somewhat similar to ADD and OCD. Also suffer from a skin condition called Seborrheic dermatitis, which results in very bad dandruff and hairloss.

I was born with jaundice, and was frequently sick as child, often taking antibiotics.

Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

Wisdom teeth still in place, got 2 root canals in my mid 20s. First got mercury fillings in my teens after moving to US from Soviet Union. Got braces around the same time.

What dental work do you currently have in place? What part of the dental clean-up have you completed?

Last week, remaining 2 silver fillings removed by a holistic dentist. Although it's still possible that there may be mercury underneath the 2 root canals that remain, dentist said it was impossible to tell by xray.

What dentistry did your mother have at any time before or during pregnancy?

Not sure, but I don't think they used mercury back then in Soviet Union. My mother does have some of the same symptoms that I have, such as anxiety, insomnia and seborrhea. So it's possible that she had some metal toxicity and passed it on to me. They used a lot of copper cookware when she grew up.

What vaccinations have you had and when (including flu and especially travel shots)?

No recent vaccinations except tetanus shot from 4 months ago. Don't recall any other vaccinations in the past 20 years. Although I did receive several vaccines after migrating to US when I was 11.

Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?

Probiotics, melatonin and Magnesium.

What is your age, height and weight?

34 years old, 5'7 and 135 lbs

What is your location – city & country (so that we can learn where certain toxins are more prevalent).

I split my time between NYC and Florida.