



SEX: Male
AGE: 50

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.0	< 7.0	
Antimony (Sb)	0.018	< 0.066	
Arsenic (As)	0.035	< 0.080	
Barium (Ba)	0.51	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.07	< 0.80	
Mercury (Hg)	0.82	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.09	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.32	< 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)	269	200- 750	
Magnesium (Mg)	23	25- 75	
Sodium (Na)	13	20- 180	
Potassium (K)	4	9- 80	
Copper (Cu)	12	11- 30	
Zinc (Zn)	210	130- 200	
Manganese (Mn)	0.09	0.08- 0.50	
Chromium (Cr)	0.36	0.40- 0.70	
Vanadium (V)	0.038	0.018- 0.065	
Molybdenum (Mo)	0.023	0.025- 0.060	
Boron (B)	0.66	0.40- 3.0	
Iodine (I)	1.4	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	166	150- 220	
Selenium (Se)	0.86	0.70- 1.2	
Strontium (Sr)	0.82	0.30- 3.5	
Sulfur (S)	49200	44000- 50000	
Cobalt (Co)	0.006	0.004- 0.020	
Iron (Fe)	6.5	7.0- 16	
Germanium (Ge)	0.034	0.030- 0.040	
Rubidium (Rb)	0.008	0.011- 0.12	
Zirconium (Zr)	0.059	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 11/19/2018	Sample Size: 0.195 g	Ca/Mg	11.7
Date Received: 11/23/2018	Sample Type: Head	Ca/P	1.62
Date Completed: 11/26/2018	Hair Color: Brown	Na/K	3.25
Methodology: ICP/MS	Treatment:	Zn/Cu	17.5
	Shampoo: Pert	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Hair Test 1383

Health History

Background:

- 1) Current symptoms: anxiety, depression, low energy/motivation, not interested in much, withdrawn from life, can't focus, memory problems, don't sleep well, overly emotional, minor aches/pains (solid 4 hours/night plus 4 more awake/asleep/awake). On a GF and nightshade free mostly paleo diet (figured out nightshades in 2014, health has improved dramatically since then). Have other food sensitivities, minor sinus allergies.
- 2) Dental background: 2 mercury fillings when I was a child, braces for 2.5 years as a teen, 3 wisdom teeth pulled at 18. Dentists often tell me I have fantastic teeth which will all fall out due to receding gums despite them complimenting my good oral hygiene
- 3) Amalgams removed by a mercury-clueless dentist sometime around 2006-2010 (dentist no longer practices, no records) which roughly coincides w/ a steep dive in my health
- 4) Mother's dentistry - no clue
- 5) Standard vaccinations as a child for the time period (don't have a list). Travelled to South America in '93 (gamma globulin, OPV, Typhoid #1, Cholera #1, Tetanus/diphtheria), to India in 2008 (no records, sorry), allergy injections from age 18-22
- 6) Supplements:
D3 5000iu/day for 10 years
Mg 400mg/day for 10 years
Iodine 3mg/day (average, larger dose less often) for 1 year
Zn 90mg/day for 6 months
- 7) 50 year old male, 155lbs, 5'10"
- 8) Did 3 rounds of chelation prior to the test plus some aborted uses of ALA before I knew what I was getting into. Took Vit C 3000mg/day and Vit E 800mg/day since I started the chelation (starting early Oct). Had what I think was an adrenal crash after round 3.
- 9) Chapel Hill, North Carolina USA (grew up in Philadelphia, PA, 8 years in Pittsburgh, PA)