

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	27	< 7.0	
Antimony (Sb)	0.013	< 0.066	
Arsenic (As)	0.037	< 0.080	
Barium (Ba)	0.35	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.022	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.10	< 0.80	
Mercury (Hg)	0.36	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	0.032	< 0.002	
Uranium (U)	0.020	< 0.060	
Nickel (Ni)	0.11	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.62	< 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)	941	200- 750					
Magnesium (Mg)	50	25- 75					
Sodium (Na)	98	20- 180					
Potassium (K)	5	9- 80					
Copper (Cu)	13	11- 30					
Zinc (Zn)	200	130- 200					
Manganese (Mn)	0.17	0.08- 0.50					
Chromium (Cr)	0.34	0.40- 0.70					
Vanadium (V)	0.021	0.018- 0.065					
Molybdenum (Mo)	0.033	0.025- 0.060					
Boron (B)	0.30	0.40- 3.0					
Iodine (I)	0.24	0.25- 1.8					
Lithium (Li)	0.012	0.007- 0.020					
Phosphorus (P)	181	150- 220					
Selenium (Se)	0.88	0.70- 1.2					
Strontium (Sr)	3.3	0.30- 3.5					
Sulfur (S)	50200	44000- 50000					
Cobalt (Co)	0.007	0.004- 0.020					
Iron (Fe)	16	7.0- 16					
Germanium (Ge)	0.027	0.030- 0.040					
Rubidium (Rb)	0.007	0.011- 0.12					
Zirconium (Zr)	0.15	0.020- 0.44					

SPECIMEN DATA		RATIOS	
COMMENTS: results checked		ELEMENTS	RATIOS
Date Collected: 03/31/2013		Ca/Mg	18.8
Date Received: 04/03/2013		Ca/P	5.2
Date Completed: 04/09/2013		Na/K	19.6
Methodology: ICP/MS		Zn/Cu	15.4
Sample Size: 0.196 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Black			
Treatment:			
Shampoo: Pantene Curly			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 761

What are your current symptoms and health history?

Intermittent brain-fog, fatigue, anxiety, intermittent mild headaches.

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

Wisdom teeth removed at age 22. First (and only) root canal in 2011. First amalgam at age 8.

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

4 amalgams currently in place. 3-4 amalgams were removed 2 years ago.

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

I believe that she had several amalgams.

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

Childhood vaccinations (tetanus, polio, etc.) One flu shot in 2003.

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

10 mg/day Vasotec (Enalapril Maleate) for blood-pressure , 0.5 - 1 mg Ativan (Lorazepam) for anxiety/sleep, vitamin B50 1-3 times/day, magnesium citrate 200 mg, vitamin D 2000 IU, forskolin 250 mg, zinc 50-100mg, molybdenum (250-500 microgram), Gotu Kola 400 mg, vinpocetine 10-20 mg, milk thistle 150 mg, cognitex (life extension foundation 1/3 serving), vitamin E 400 IU, vitamin A 10,000 IU, ubiquinol 200 mg 1-3 times/day, niacinamide 500 mg 1-3 times/day, chromium picolinate 200mcg 1-3 times/day.

What is your age, height and weight?

Age: 59 Height: 5' 8.5 " Weight: 170 lbs

Other information you feel may be relevant?

After 3-4 amalgams were removed 2 years ago (4 amalgams still in place) I began to experience intermittent brain-fog, mild headaches, fatigue even though previously I never had headaches. 4 months ago I started taking blood pressure medication. One and 1/2 months ago I took Chlorella/Cilantro/Herbs (Heavy Metal Detox Package) on 1 day only, and had a bad reaction. Since then I have been experiencing anxiety and difficulty sleeping and have been taking Ativan to help sleep but I am gradually reducing the dosage. However, cardiology tests, blood test (for As, Cd, Hg, Pb), and urine test (for As, Cd, Cu, Pb, Hg, and Zn) showed no abnormalities other than low Zinc and Copper in urine. I note that 7 years ago (age 52) before any amalgams were removed I had a hair test and the results were quite different. The Hg dosage was higher (0.90 microgram/gram) but still in the green for that reference range. However, there were no Essential or Toxic elements in the High (Red) range - Thorium was not detectable and Aluminum was in the Green range. However, Li and Co were very low (Red) and none of the "deranged mineral transport" rules were satisfied. In particular, 17 of the Essential elements were in the Green+White zones, which is higher than the number I estimate from the current hair test (12-13).

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

Toledo, OH, USA.