

## Toxic &amp; Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum	(Al)	1.8	< 7.0	
Antimony	(Sb)	< 0.01	< 0.050	
Arsenic	(As)	0.056	< 0.060	
Barium	(Ba)	0.10	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.004	< 2.0	
Cadmium	(Cd)	< 0.009	< 0.050	
Lead	(Pb)	0.05	< 0.60	
Mercury	(Hg)	0.13	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.001	< 0.060	
Nickel	(Ni)	0.02	< 0.30	
Silver	(Ag)	0.06	< 0.15	
Tin	(Sn)	0.06	< 0.30	
Titanium	(Ti)	0.32	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcium	(Ca)	267	300- 1200	
Magnesium	(Mg)	23	35- 120	
Sodium	(Na)	86	20- 250	
Potassium	(K)	38	8- 75	
Copper	(Cu)	11	11- 37	
Zinc	(Zn)	200	140- 220	
Manganese	(Mn)	0.07	0.08- 0.60	
Chromium	(Cr)	0.45	0.40- 0.65	
Vanadium	(V)	0.065	0.018- 0.065	
Molybdenum	(Mo)	0.027	0.020- 0.050	
Boron	(B)	1.1	0.25- 1.5	
Iodine	(I)	1.2	0.25- 1.8	
Lithium	(Li)	< 0.004	0.007- 0.020	
Phosphorus	(P)	176	150- 220	
Selenium	(Se)	1.0	0.55- 1.1	
Strontium	(Sr)	0.29	0.50- 7.6	
Sulfur	(S)	49200	44000- 50000	
Cobalt	(Co)	0.003	0.005- 0.040	
Iron	(Fe)	5.9	7.0- 16	
Germanium	(Ge)	0.029	0.030- 0.040	
Rubidium	(Rb)	0.040	0.007- 0.096	
Zirconium	(Zr)	0.50	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 07/26/2013	Sample Size: 0.199 g	Ca/Mg	11.6	4- 30
Date Received: 07/29/2013	Sample Type: Head	Ca/P	1.52	1- 12
Date Completed: 07/31/2013	Hair Color: Brown	Na/K	2.26	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	18.2	4- 20
	Shampoo: Garnier	Zn/Cd	> 999	> 800

## **Health history for hair test 820**

### **1. What are your current symptoms and health history?**

Depression/Anxiety/joint aches

**2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** Wisdom teeth removed at age 17, 1 amalgam placed approx. 10 years ago.

**3. What dental work do you currently have in place? What part of the dental clean-up have you completed?** Just the one amalgam

**4. What dentistry did your mother have at any time before or during pregnancy?** Unknown

**5. What vaccinations have you had and when (including flu and especially travel shots)?** Regular childhood vaccines from 1960s, tetanus shot at approx. age 30, nothing since

**6. Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** Was taking B-complex that unknowingly contained trace amounts of ALA (since stopped)

**7. What is your age, height and weight?** 5'8" 200 pounds, 49 years old

**8. Other information you feel may be relevant?**

**9. What is your location – city & country (so that we can learn where certain toxins are more prevalent).** Los Angeles, CA