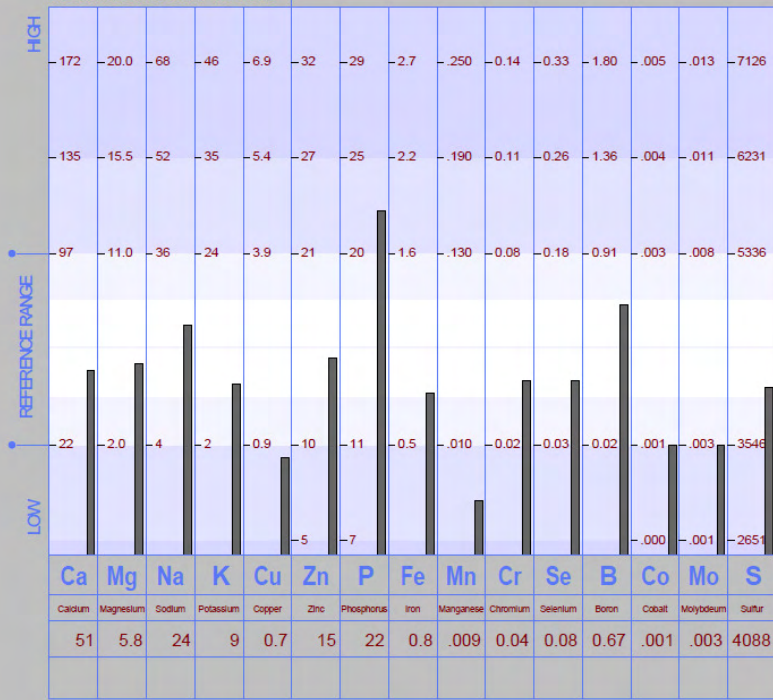
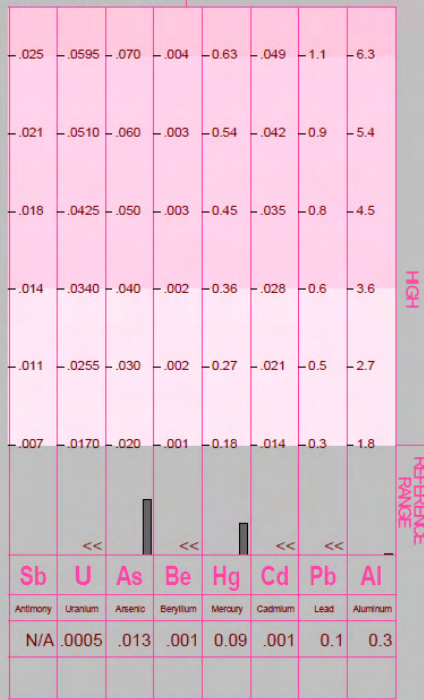


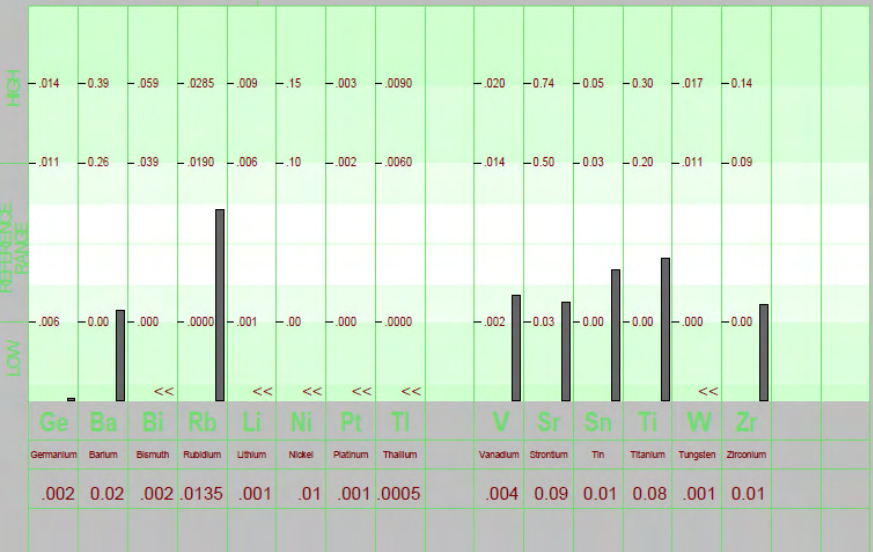
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



*"<<": Below Calibration Limit; Value Given Is Calibration Limit

*"QNS": Sample Size Was Inadequate For Analysis.

*"N/A": Currently Not Available

Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

Laboratory Analysis Provided by Trace Elements, Inc., an H. S. Licensed Clinical Laboratory. FNo. 45 D0481787

7/17/2013
CURRENT TEST RESULTS

PREVIOUS TEST RESULTS

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.4	< 7.0	
Antimony (Sb)	0.030	< 0.066	
Arsenic (As)	0.061	< 0.080	
Barium (Ba)	0.19	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.004	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.05	< 0.80	
Mercury (Hg)	0.60	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.002	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.008	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.03	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.36	< 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)	462	200- 750					
Magnesium (Mg)	47	25- 75					
Sodium (Na)	35	20- 180					
Potassium (K)	10	9- 80					
Copper (Cu)	6.4	11- 30					
Zinc (Zn)	200	130- 200					
Manganese (Mn)	0.33	0.08- 0.50					
Chromium (Cr)	0.96	0.40- 0.70					
Vanadium (V)	0.054	0.018- 0.065					
Molybdenum (Mo)	0.071	0.025- 0.060					
Boron (B)	4.5	0.40- 3.0					
Iodine (I)	0.53	0.25- 1.8					
Lithium (Li)	< 0.004	0.007- 0.020					
Phosphorus (P)	188	150- 220					
Selenium (Se)	1.1	0.70- 1.2					
Strontium (Sr)	0.72	0.30- 3.5					
Sulfur (S)	46100	44000- 50000					
Cobalt (Co)	0.009	0.004- 0.020					
Iron (Fe)	48	7.0- 16					
Germanium (Ge)	0.022	0.030- 0.040					
Rubidium (Rb)	0.017	0.011- 0.12					
Zirconium (Zr)	0.022	0.020- 0.44					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 11/15/2013	Sample Size: 0.203 g	Ca/Mg	9.83	4- 30
Date Received: 11/18/2013	Sample Type: Head	Ca/P	2.46	0.8- 8
Date Completed: 11/20/2013	Hair Color: Black	Na/K	3.5	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	31.3	4- 20
	Shampoo: Nizoral	Zn/Cd	> 999	> 800

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.3	< 7.0	
Antimony (Sb)	0.069	< 0.066	
Arsenic (As)	0.028	< 0.080	
Barium (Ba)	0.16	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.037	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.06	< 0.80	
Mercury (Hg)	0.06	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.015	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.04	< 0.08	
Tin (Sn)	0.27	< 0.30	
Titanium (Ti)	0.30	< 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)	411	200- 750	
Magnesium (Mg)	38	25- 75	
Sodium (Na)	23	20- 180	
Potassium (K)	5	9- 80	
Copper (Cu)	5.9	11- 30	
Zinc (Zn)	200	130- 200	
Manganese (Mn)	0.27	0.08- 0.50	
Chromium (Cr)	0.67	0.40- 0.70	
Vanadium (V)	0.032	0.018- 0.065	
Molybdenum (Mo)	0.070	0.025- 0.060	
Boron (B)	2.4	0.40- 3.0	
Iodine (I)	0.19	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	167	150- 220	
Selenium (Se)	1.1	0.70- 1.2	
Strontium (Sr)	0.52	0.30- 3.5	
Sulfur (S)	48100	44000- 50000	
Cobalt (Co)	0.010	0.004- 0.020	
Iron (Fe)	39	7.0- 16	
Germanium (Ge)	0.034	0.030- 0.040	
Rubidium (Rb)	0.015	0.011- 0.12	
Zirconium (Zr)	0.062	0.020- 0.44	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 04/27/2014	Sample Size: 0.199 g	Ca/Mg	10.8	4- 30
Date Received: 05/01/2014	Sample Type: Head	Ca/P	2.46	0.8- 8
Date Completed: 05/03/2014	Hair Color: Black	Na/K	4.6	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	33.9	4- 20
	Shampoo: Nizoral	Zn/Cd	> 999	> 800

1. What are your current symptoms and health history?

My current symptom is adrenal fatigue. I used to get tired during 2PM and 6PM, but not anymore. Right now the most glaring symptoms I have are hypoglycemia 2 to 3 hours after meal, and it seems like my adrenal cannot respond to stress (mainly from exercise and chelation). The hypoglycemia comes with adrenaline pulses that causes inflammation in my skin (psoriasis) and eyes (iritis), and wakes me up as I'm about to go or during to sleep. The only way for me to avoid this is by eating every 2 to 3 hours, even through the night when I crash.

2. Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)

I got my first and only amalgam around 17 years old, but it's a big one (half a tooth). I bit into before it settles, so the dentist has to drill it the next day to fix it (unsafely). I decided to get rid of it six months later with my regular dentist, but he said it was too much to replace with resin and all he can do is fix it some more (unsafely). I finally got rid of it 5 years (unsafely) ago since it leaked and the tooth decayed so we had to do root canal and replace with a white filling.

The first year I got a silver filling is the first year I had psoriasis. I didn't connect it back then because it was also my first year in college and I thought it was due to stress. During Christmas (and after the finals), I had an unexplained arthritis, vertigo, and UTI all at the same time.

All my wisdom teeth were removed because they were impacted.

3. What dental work do you currently have in place? What part of the dental cleanup have you completed?

I have about 8 white fillings right now and one root canal.

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

My mom has silver fillings, but I'm not sure if it's before pregnancy.

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

I have all the standard shots plus the US immigration requirements. I had a flu shot once in the US about 10 years ago, and I got really sick with chills so I never did it again.

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

Before my hair test, I'm taking a lot of stuff:

- Adrenal Rebuilder (ACE) – 3x1g
- Kirkland multi – 3x (and amazingly all my minerals were still low!)
- Pregnenolone – 3x10mg
- Licorice – 3x1 caps
- Betaine HCl and digestive enzymes with each meal
- Mixed ascorbates – 3x1g
- Vitamin B5 – 2x500mg
- B-100 – 1x daily
- Vitamin E – 400IU
- Vitamin D – 5000IU

7. Other information you feel may be relevant?

Here's my current supplement regimen:

- Vitamin A – 2x5000IU
- Vitamin B6 – 50mg
- Vitamin B5 – 2x500mg
- B-50 – 1x daily split into 2
- Vitamin C – 1gx5
- Vitamin D 5000 IU – 1x
- Vitamin E 400IU with Se 100mcg – 3x
- CoQ10 – 1x100mg
- Probiotic – 1x
- Taurine – 2x1g
- Chromium – 5x200ug
- Molybdenum – 5x150ug
- Magnesium – 4x200mg
- Zinc – 3x50mg
- Fish oil – 2x1g EHA / DHA
- Flax oil – 1x1tsp
- Borage oil – 1x1g
- Adrenal Rebuilder (ACE) – 3x1g
- Milk thistle – 5x150mg
- Digestive enzymes with meals
- Pregnenolone – 3x10mg
- Hydrocortisone – 25mg (10, 7.5, 5, 2.5) – just started

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

First 20 years in Philippines. Last 10 years in San Jose, CA.