



SEX: Female  
AGE: 30

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	0.8	< 7.0	
Antimony (Sb)	0.014	< 0.050	
Arsenic (As)	0.054	< 0.060	
Barium (Ba)	0.43	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.12	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.05	< 0.60	
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)	0.46	< 0.060	
Nickel (Ni)	0.10	< 0.30	
Silver (Ag)	0.01	< 0.15	
Tin (Sn)	0.10	< 0.30	
Titanium (Ti)	0.44	< 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)	261	300- 1200			
Magnesium (Mg)	27	35- 120			
Sodium (Na)	630	20- 250			
Potassium (K)	15	8- 75			
Copper (Cu)	9.1	11- 37			
Zinc (Zn)	170	140- 220			
Manganese (Mn)	0.82	0.08- 0.60			
Chromium (Cr)	0.38	0.40- 0.65			
Vanadium (V)	0.010	0.018- 0.065			
Molybdenum (Mo)	0.022	0.020- 0.050			
Boron (B)	0.29	0.25- 1.5			
Iodine (I)	0.12	0.25- 1.8			
Lithium (Li)	0.013	0.007- 0.020			
Phosphorus (P)	129	150- 220			
Selenium (Se)	0.86	0.55- 1.1			
Strontium (Sr)	0.47	0.50- 7.6			
Sulfur (S)	47700	44000- 50000			
Cobalt (Co)	0.032	0.005- 0.040			
Iron (Fe)	74	7.0- 16			
Germanium (Ge)	0.039	0.030- 0.040			
Rubidium (Rb)	0.016	0.007- 0.096			
Zirconium (Zr)	0.11	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 04/28/2014		Ca/Mg	9.67
Date Received: 05/01/2014		Ca/P	2.02
Date Completed: 05/03/2014		Na/K	42
Methodology: ICP/MS		Zn/Cu	18.7
Sample Size: 0.197 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: BLond	Treatment:		
Shampoo: Suave			
		<b>RANGE</b>	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

## **Health history for hair test 951**

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

Fatigue, mild/occas depression especially in the winter, foggy brain, occas/freq cold- especially hands and feet, occas nausea, heart murmur, lack of sensation in arms/hands

Had mono at 15/16 years old (1999/2000)

Was dx with mild adrenal fatigue around 2000/'01 and in 2013. Took adrenal cortex for a few months with min improvement. Probably should have continued taking.

Stress and lack of sleep impacts symptoms

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

Wisdom teeth removed 2010; first amalgam 1998, second 2002; sealants in most teeth 2007.

### **3) What dental work do you currently have in place?**

What part of the dental cleanup have you completed? 2 amalgam fillings, sealants; no part of cleanup has been completed.

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

Several amalgam fillings

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

All childhood vaccinations; Hep B; typhoid; flu shot last 2 years; Tuberculosis test annually for approximately the last 10 years.

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

Multi-vitamin, D, Cod liver oil, B complex

### **7) Other information you feel may be relevant?**

N/A

### **8.) What is your age, height and weight?**

30, 5'2"', 115lbs

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

Warsaw, IN