



SEX: Male
AGE: 37

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.8	< 7.0	
Antimony (Sb)	0.026	< 0.066	
Arsenic (As)	0.032	< 0.080	
Barium (Ba)	1.0	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.013	< 2.0	
Cadmium (Cd)	0.011	< 0.065	
Lead (Pb)	0.55	< 0.80	
Mercury (Hg)	0.31	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.003	< 0.060	
Nickel (Ni)	0.12	< 0.20	
Silver (Ag)	0.04	< 0.08	
Tin (Sn)	0.12	< 0.30	
Titanium (Ti)	0.28	< 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)	2300	200- 750			
Magnesium (Mg)	64	25- 75			
Sodium (Na)	130	20- 180			
Potassium (K)	18	9- 80			
Copper (Cu)	25	11- 30			
Zinc (Zn)	160	130- 200			
Manganese (Mn)	0.17	0.08- 0.50			
Chromium (Cr)	0.31	0.40- 0.70			
Vanadium (V)	0.018	0.018- 0.065			
Molybdenum (Mo)	0.021	0.025- 0.060			
Boron (B)	0.25	0.40- 3.0			
Iodine (I)	0.13	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	136	150- 220			
Selenium (Se)	0.60	0.70- 1.2			
Strontium (Sr)	11	0.30- 3.5			
Sulfur (S)	44000	44000- 50000			
Cobalt (Co)	0.014	0.004- 0.020			
Iron (Fe)	11	7.0- 16			
Germanium (Ge)	0.022	0.030- 0.040			
Rubidium (Rb)	0.024	0.011- 0.12			
Zirconium (Zr)	0.060	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 12/13/2014	Sample Size: 0.197 g	Ca/Mg	35.9	4- 30
Date Received: 12/19/2014	Sample Type: Head	Ca/P	16.9	0.8- 8
Date Completed: 12/22/2014	Hair Color: Brown	Na/K	7.22	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	6.4	4- 20
	Shampoo: Schwarzkofit Gliss	Zn/Cd	> 999	> 800

Health history for hair test 1031

What are your current symptoms and health history?

Extreme shyness and moods since teens. Episodes of anxiety, depression, fatigue, poor sleep, sometimes mania. Episodes last a few months, 1 - 2 episodes a year. Gluten/dairy free diet helped in the past but not so much recently. Sensitive to light / chemical smells.

Dental history (Wisdom teeth removed and when? Any other extractions).

5 amalgam filling put in during teens, not yet removed.

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

All standard western kids vaccinations. A lot of shots for infections when 6 living in Papua New Guinea. Flu shot at 18. Yellow fever etc for Africa trip at 21.

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

Krill oil, Folate/b12/all in one supplements, magnesium taken for 1 month and stopped 2 weeks before hair test.

What is your age, height and weight?

37 year old, 5' 11, 175kg

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

Norwich UK