















## ELEMENTOS MINERAIS NO CABELO

Descrição		Resultado	Valores indicativos de normalidade:	Unidades
<b>CABELO: METAIS NUTRIENTES E TÓXICOS</b>				
<b>MACROMINERAIS ESSENCIAIS</b>				
CÁLCIO		484	300-3000	mcg/g (ppm)
COBRE		41	9-45	mcg/g (ppm)
FÓSFORO		118	65-200	mcg/g (ppm)
FERRO		8,3	5-16	mcg/g (ppm)
MAGNÉSIO		41	40-350	mcg/g (ppm)
POTÁSSIO		24	8,8-25	mcg/g (ppm)
SILÍCIO		5,7	5-95	mcg/g (ppm)
SÓDIO		48	23-117	mcg/g (ppm)
<b>OLIGOELEMENTOS ESSENCIAIS</b>				
BORO		0,79	0,6-3	mcg/g (ppm)
CRÓMIO		0,9	0,2-1,5	mcg/g (ppm)
COBALTO		0,07	0,02-0,15	mcg/g (ppm)
MANGANÊSIO		0,47	0,2-0,95	mcg/g (ppm)
MOLIBDÊNIO		0,24	0,1-0,4	mcg/g (ppm)
SELÊNIO		3,1	1-12	mcg/g (ppm)
VANÁDIO		0,05	0,02-0,14	mcg/g (ppm)
ZINCO		182	115-210	mcg/g (ppm)

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<b>RAZÕES</b>				
CÁLCIO / MAGNÉSIO		<b>A</b> 11,8	3-11	
CÁLCIO / FÓSFORO		4,1	2,5-10	
CÁLCIO / FERRO		58,31	10-300	
CÁLCIO / ZINCO		<b>B</b> 2,66	3-23	
FERRO / COBRE		0,2	0,2-2	
SÓDIO / POTÁSSIO		2	1,5-4	
ZINCO / COBRE		4,44	4-15	

		Resultado	Possível exposição	Unidade
<b>ELEMENTOS TÓXICOS</b>				
ALUMÍNIO		<b>B</b> 11,4	15-25	mcg/g (ppm)
ARSÊNICO		<b>B</b> < 0,1	0,2-0,65	mcg/g (ppm)
BÁRIO		<b>B</b> 0,8	1,3-4	mcg/g (ppm)
CÁDMIO		<b>B</b> < 0,1	0,4-1,1	mcg/g (ppm)
MERCÚRIO		<b>B</b> 1,9	2-5	mcg/g (ppm)
NÍQUEL		<b>A</b> 1,8	0,4-1	mcg/g (ppm)
CHUMBO		<b>B</b> 2,1	3-5	mcg/g (ppm)

## **Health history for hair test 1058**

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

Nausea, loin pain, weakness (especially in the morning), poor appetite, abdominal pain, bowel problems, intolerance to sugar, intolerance to oral contraception, fast heart rate while standing.

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

First amalgam: 6 years old. Had two. Removed at 16 years old (not sure).

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

No amalgams, several tooth treated with more recent materials. Don't know which.

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

Very bad teeth. Some amalgams.

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

Tetanus 4 years ago (last shot); hepatitis B 18 years ago

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

Several antibiotics for urine infections, flagyl, 1 fluconazol - 3 months before the test.

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

Work at a library sometimes with old books.

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

Porto, Portugal