



SEX: Male
AGE: 41

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.5	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.014	< 0.080	
Barium (Ba)	0.09	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.26	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.07	< 0.80	
Mercury (Hg)	0.30	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.054	< 0.060	
Nickel (Ni)	0.07	< 0.20	
Silver (Ag)	< 0.006	< 0.08	
Tin (Sn)	0.48	< 0.30	
Titanium (Ti)	0.35	< 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)	198	200- 750	
Magnesium (Mg)	35	25- 75	
Sodium (Na)	540	20- 180	
Potassium (K)	15	9- 80	
Copper (Cu)	10	11- 30	
Zinc (Zn)	210	130- 200	
Manganese (Mn)	0.10	0.08- 0.50	
Chromium (Cr)	0.30	0.40- 0.70	
Vanadium (V)	< 0.008	0.018- 0.065	
Molybdenum (Mo)	0.052	0.025- 0.060	
Boron (B)	1.4	0.40- 3.0	
Iodine (I)	0.47	0.25- 1.8	
Lithium (Li)	0.18	0.007- 0.020	
Phosphorus (P)	159	150- 220	
Selenium (Se)	0.59	0.70- 1.2	
Strontium (Sr)	2.6	0.30- 3.5	
Sulfur (S)	46100	44000- 50000	
Cobalt (Co)	0.007	0.004- 0.020	
Iron (Fe)	9.2	7.0- 16	
Germanium (Ge)	0.027	0.030- 0.040	
Rubidium (Rb)	0.014	0.011- 0.12	
Zirconium (Zr)	0.040	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/12/2015		Ca/Mg	5.66
Date Received: 04/16/2015		Ca/P	1.25
Date Completed: 04/18/2015		Na/K	36
Methodology: ICP/MS		Zn/Cu	21
Sample Size: 0.197 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Blond	Treatment:		
Shampoo: Nexxus Therappe			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1082

1) What are your current symptoms and health history?

***My current symptoms include brain fog, depression, long term anxiety, socially shy, mood swings, digestive issues, IBS-C, stomach pain, bouts of forgetfulness, lack of concentration and focus, sometimes dizzy, insomnia, chills, cold extremities, body temp. 97.3-97.8 all day.

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

***Wisdom teeth removed at 18 yrs. (I am 41 yr old male), 2 root canals at 19 yrs. (white in color), braces at 21 yrs., amalgams – 4 as a child, 1 replaced several yrs. ago after it cracked by my regular dentist (no special procedures).

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

***Still have 3 amalgams and two root canals, no dental cleanup yet.

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

***Not sure but I would guess 4 or more amalgams.

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

***I get a flu shot every year, tetanus as needed.

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

***I use a lot of pink Himalayan salt as I tend to crave salty foods, drink RO water as our area is high in natural fluoride, magnesium 800mg to help with the constipation, and sometimes a multi-vitamin that contains 100% of most ingredients (no mega doses).

7) Other information you feel may be relevant?

***I have always had social phobias and anxiety, even as a child, started having panic attacks and depression 13 yrs. ago, on and off SSRI meds with minimal results. I am also a machinist by trade so some exposure to metals, cutting fluids, chemicals.

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

***Location north central Ohio.