

HAIR TEST: 1139
SEX: Female
AGE: 31

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	11	< 7.0	
Antimony (Sb)	0.21	< 0.050	
Arsenic (As)	0.033	< 0.060	
Barium (Ba)	2.4	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.017	< 2.0	
Cadmium (Cd)	0.14	< 0.050	
Lead (Pb)	0.53	< 0.60	
Mercury (Hg)	4.3	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	0.003	< 0.002	
Uranium (U)	0.014	< 0.060	
Nickel (Ni)	0.35	< 0.30	
Silver (Ag)	0.26	< 0.15	
Tin (Sn)	3.0	< 0.30	
Titanium (Ti)	0.40	< 0.70	
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)	946	300- 1200	
Magnesium (Mg)	26	35- 120	
Sodium (Na)	12	20- 250	
Potassium (K)	8	8- 75	
Copper (Cu)	17	11- 37	
Zinc (Zn)	400	140- 220	
Manganese (Mn)	2.3	0.08- 0.60	
Chromium (Cr)	0.34	0.40- 0.65	
Vanadium (V)	0.071	0.018- 0.065	
Molybdenum (Mo)	0.038	0.020- 0.050	
Boron (B)	0.82	0.25- 1.5	
Iodine (I)	1.4	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	138	150- 220	
Selenium (Se)	3.1	0.55- 1.1	
Strontium (Sr)	1.4	0.50- 7.6	
Sulfur (S)	47600	44000- 50000	
Cobalt (Co)	0.035	0.005- 0.040	
Iron (Fe)	7.5	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	0.038	0.007- 0.096	
Zirconium (Zr)	0.028	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 10/08/2015	Sample Size: 0.198 g	Ca/Mg	36.4
Date Received: 10/12/2015	Sample Type: Head	Ca/P	6.86
Date Completed: 10/15/2015	Hair Color: Black	Na/K	1.5
Methodology: ICP/MS	Treatment:	Zn/Cu	23.5
	Shampoo:	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 1139

- **What are your current symptoms and health history?** i am 31 years old, and was diagnosed with Sjogren's disease which manifested as a maculopapular rash over my legs, i have low complements and anti Ro and anti La antibodies. The symptoms don't bother me, but i was wondering if my predisposition to developing this rash had anything to do with heavy metal toxicity and i do indeed have elevated mercury.
- **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** Just one upper right hand wisdom tooth removed. Other wise no amalgams, no root canals or any other dental work.
- **What dental work do you currently have in place? What part of the dental clean-up have you completed?** i undergo polishing and scaling annually
- **What dentistry did your mother have at any time before or during pregnancy?** Mum has always had amalgams in situ.
- **What vaccinations have you had and when (including flu and especially travel shots)?** Childhood vaccinations that included the triple antigen, bcg, i didn't have the MMR as part of my regime but 3 years into my sjogren's diagnosis, i had the MMR vaccine as a preconceptual preparation by my gynae.
- **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** At the time of the sampling i had started taking NAC + Vit C for the last 2 months, and Omega 3 fish oils.
- **What is your age, height and weight?** 31years old, 156cm and 48kg
- **Other information you feel may be relevant?**
- **What is your location – city & country (so that we can learn where certain toxins are more prevalent).** I live in kuala lumpur malaysia. Spent 3 years in dublin ireland, 2 years in Penang, Malaysia, and two years in Ipoh Malaysia.