



SEX: Female  
AGE: 46

Muscle Fatigue  
CAP + CO210

279 Walkers Mills Rd  
Bethel, ME 04217 U.S.A.

*Defer to your doctor*

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.4	< 7.0	
Antimony (Sb)	0.016	< 0.050	
Arsenic (As)	0.020	< 0.060	
Barium (Ba)	0.65	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.26	< 0.60	
Mercury (Hg)	0.50	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.083	< 0.060	
Nickel (Ni)	0.10	< 0.30	
Silver (Ag)	0.01	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.30	< 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)	751	300- 1200	
Magnesium (Mg)	92	35- 120	
Sodium (Na)	44	20- 250	
Potassium (K)	4	8- 75	
Copper (Cu)	26	11- 37	
Zinc (Zn)	150	140- 220	
Manganese (Mn)	0.06	0.08- 0.60	
Chromium (Cr)	0.32	0.40- 0.65	
Vanadium (V)	0.024	0.018- 0.065	
Molybdenum (Mo)	0.037	0.020- 0.050	
Boron (B)	0.31	0.25- 1.5	
Iodine (I)	1.3	0.25- 1.8	
Lithium (Li)	0.009	0.007- 0.020	
Phosphorus (P)	150	150- 220	
Selenium (Se)	0.93	0.55- 1.1	
Strontium (Sr)	1.3	0.50- 7.6	
Sulfur (S)	47700	44000- 50000	
Cobalt (Co)	0.003	0.005- 0.040	
Iron (Fe)	5.9	7.0- 16	
Germanium (Ge)	0.031	0.030- 0.040	
Rubidium (Rb)	0.005	0.007- 0.096	
Zirconium (Zr)	0.041	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS: <i>okay to layer in hydroxy + Adenosyl B12 (&amp;/or Black Beer)</i> Date Collected: 07/14/2015 Date Received: 07/20/2015 Date Completed: 07/22/2015 Methodology: ICP/MS		ELEMENTS	RATIOS	RANGE
Sample Size: 0.204 g	Sample Type: Head	Ca/Mg	8.16	4- 30
Hair Color: Blond	Treatment: <i>Black Beer</i>	Ca/P	5.01	1- 12
Shampoo: Suave		Na/K	11	0.5- 10
		Zn/Cu	5.77	4- 20
		Zn/Cd	> 999	> 800

*THEN Run HMT to check lithium  
ALSO + All in One + PS/PE/PC + DHA*

*DEFER to your doctor*

## **Health history for hair test 1177**

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

Fibromyalgia, anxiety, chronic fatigue, lack of energy, brain fog, blood sugar problems, IBS, sleeping difficulties, severe heat intolerance, low neurotransmitters

### **2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)**

First amalgams back in the late 1970's. No root canals. Braces in the 1980's. Still have 2 wisdom teeth in place.

### **3. What dental work do you currently have in place? What part of the dental clean-up have you completed?**

Finished amalgam removal March, 2016. Had them done in 3 stages by a dentist who practices safe amalgam removal.

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

Unknown. She does have amalgam fillings but I don't know when she got them.

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

Typical childhood vaccinations. No vaccinations in my adulthood.

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

T3 thyroid meds, bio-identical progesterone. Not sure what else as it was over a year ago and I've changed my supplements around over time.

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

47 years old. 5'8". 175 pounds

### **8. Other information you feel may be relevant?**

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

Southern Minnesota, USA