



HAIR TEST: 1182
SEX: Female
AGE: 39

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.9	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.019	< 0.060	
Barium (Ba)	1.0	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.003	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.03	< 0.60	
Mercury (Hg)	0.26	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	2.4	< 0.30	
Titanium (Ti)	0.41	< 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)	406	300- 1200			
Magnesium (Mg)	50	35- 120			
Sodium (Na)	30	20- 250			
Potassium (K)	5	8- 75			
Copper (Cu)	12	11- 37			
Zinc (Zn)	230	140- 220			
Manganese (Mn)	0.49	0.08- 0.60			
Chromium (Cr)	0.32	0.40- 0.65			
Vanadium (V)	0.021	0.018- 0.065			
Molybdenum (Mo)	0.026	0.020- 0.050			
Boron (B)	0.13	0.25- 1.5			
Iodine (I)	0.67	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	161	150- 220			
Selenium (Se)	0.64	0.55- 1.1			
Strontium (Sr)	1.7	0.50- 7.6			
Sulfur (S)	48000	44000- 50000			
Cobalt (Co)	0.009	0.005- 0.040			
Iron (Fe)	9.3	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.005	0.007- 0.096			
Zirconium (Zr)	0.19	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 03/12/2016	Sample Size: 0.201 g	Ca/Mg	8.12	4- 30
Date Received: 03/18/2016	Sample Type: Head	Ca/P	2.52	1- 12
Date Completed: 03/21/2016	Hair Color: Brown	Na/K	6	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	19.2	4- 20
	Shampoo: Redken	Zn/Cd	> 999	> 800

Health history for hair test 1182

What are your current symptoms and health history?

- Headaches/migraines
- Dizziness/vertigo
- Diagnosed with postural orthostatic tachycardia symptoms 2007

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

- Wisdom teeth removed in 1999
- No other extractions
- No root canals
- Two crowns - 2010 and 2012
- All current fillings are composite; don't think I've had any amalgam fillings
- Braces '91-'93

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

- Routine visits every 6 months

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

- Mom had a lot of amalgam fillings prior to pregnancy
- Two teeth extracted in teen years
- Never had wisdom teeth out
- Likely no dental work done during pregnancy

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

- Flu shot – typically get it annually in the fall
- TDAP – 2013
- h1n1 - 2009
- Polio – 2005
- Typhoid – 2005

- Hep A - 2005
- TD – 2005
- Hep B – 2003

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

- Prenatal vitamin
- CoQ10 – 200 mg
- Fish oil – 1,000 mg
- D3 – 2000 IU

7. What is your age, height and weight?

- 39, 5'5", 155

8. Other information you feel may be relevant?

- Ate lots of canned tuna in college (around 1998-1999 potentially ate it several times a week)

9. Location- Durham, NC