



HAIR TEST: 1218
SEX: Male
AGE: 25

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)		16	< 7.0	
Antimony (Sb)		0.28	< 0.066	
Arsenic (As)		0.047	< 0.080	
Barium (Ba)		0.91	< 1.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.14	< 2.0	
Cadmium (Cd)		0.082	< 0.065	
Lead (Pb)		1.7	< 0.80	
Mercury (Hg)		0.07	< 0.80	
Platinum (Pt)		< 0.003	< 0.005	
Thallium (Tl)		< 0.001	< 0.002	
Thorium (Th)		0.001	< 0.002	
Uranium (U)		0.003	< 0.060	
Nickel (Ni)		0.49	< 0.20	
Silver (Ag)		0.13	< 0.08	
Tin (Sn)		0.51	< 0.30	
Titanium (Ti)		0.64	< 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)		292	200- 750		
Magnesium (Mg)		11	25- 75		
Sodium (Na)		77	20- 180		
Potassium (K)		31	9- 80		
Copper (Cu)		16	11- 30		
Zinc (Zn)		230	130- 200		
Manganese (Mn)		0.46	0.08- 0.50		
Chromium (Cr)		0.67	0.40- 0.70		
Vanadium (V)		0.084	0.018- 0.065		
Molybdenum (Mo)		0.063	0.025- 0.060		
Boron (B)		0.93	0.40- 3.0		
Iodine (I)		8.4	0.25- 1.8		
Lithium (Li)		0.007	0.007- 0.020		
Phosphorus (P)		170	150- 220		
Selenium (Se)		0.75	0.70- 1.2		
Strontium (Sr)		0.65	0.30- 3.5		
Sulfur (S)		44000	44000- 50000		
Cobalt (Co)		0.057	0.004- 0.020		
Iron (Fe)		13	7.0- 16		
Germanium (Ge)		0.031	0.030- 0.040		
Rubidium (Rb)		0.033	0.011- 0.12		
Zirconium (Zr)		1.6	0.020- 0.44		

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 09/01/2016	Sample Size: 0.202 g	Ca/Mg	26.5
Date Received: 09/06/2016	Sample Type: Head	Ca/P	1.72
Date Completed: 09/08/2016	Hair Color: Brown	Na/K	2.48
Methodology: ICP/MS	Treatment:	Zn/Cu	14.4
	Shampoo:	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

1. Health issues (most have dramatically improved since beginning methylation support but those highlighted in red still remain/haven't improved enough):

-Depression (extreme anger, sadness and/or apathy, suicidal thoughts, anti-social, self-injury, etc.)

- High anxiety/panic attacks (especially in social situations)
- High salivary/tear flow – never dry eyes
- Good tolerance of cold
- Poor tolerance of heat
- Hyperactivity/high motivation (fluctuates dramatically)
- Phobias
- Poor pain tolerance
- Joint/muscle/back pain
- Excess perspiration
- Addictive tendencies
- Bipolar issues – extreme highs and lows
- Mild OCD issues/perfectionism
- Very mild schizophrenic/paranoia-type issues (often question sanity)
- Asthma
- Allergic/sensitive skin
- Herpes outbreaks
- Extreme fatigue, low energy, constant need for naps
- Many food/chemical sensitivities
- Memory problems/brain fog
- Hard time falling/staying asleep, never feel well-rested

2. Dental History: No amalgams, no braces. Wisdom teeth removed in 2011.

3. No current dental work.

4. I believe my mother just had some caps but no amalgams during pregnancy.

5. I've had all generic vaccinations when I was a young kid.

6. Methylfolate, Methylcobalamin, Adenosylcobalamin, Magnesium Citrate, L-Carnitine Fumarate, Zinc Monomethionine, Probiotic, B-Complex, Nutrient 950 with Copper.

7. 25, 6', 210 pounds

8. I've tried ALA in the past using the proper dosing techniques. I felt okay throughout the days while taking it but felt low and slow following stopping. I'm assuming this was because of heavy metal redistribution.

9. Charlotte, NC, USA