



HAIR TEST: 1345
 SEX: Male
 AGE: 36

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.2	< 7.0	
Antimony (Sb)	0.010	< 0.066	
Arsenic (As)	0.057	< 0.080	
Barium (Ba)	< 0.04	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.06	< 0.80	
Mercury (Hg)	0.78	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.01	< 0.20	
Silver (Ag)	< 0.006	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.09	< 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)	157	200- 750			
Magnesium (Mg)	18	25- 75			
Sodium (Na)	4	20- 180			
Potassium (K)	< 3	9- 80			
Copper (Cu)	8.4	11- 30			
Zinc (Zn)	160	130- 200			
Manganese (Mn)	0.03	0.08- 0.50			
Chromium (Cr)	0.43	0.40- 0.70			
Vanadium (V)	0.045	0.018- 0.065			
Molybdenum (Mo)	0.022	0.025- 0.060			
Boron (B)	0.15	0.40- 3.0			
Iodine (I)	0.85	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	125	150- 220			
Selenium (Se)	0.86	0.70- 1.2			
Strontium (Sr)	0.06	0.30- 3.5			
Sulfur (S)	47100	44000- 50000			
Cobalt (Co)	< 0.002	0.004- 0.020			
Iron (Fe)	4.4	7.0- 16			
Germanium (Ge)	0.033	0.030- 0.040			
Rubidium (Rb)	< 0.003	0.011- 0.12			
Zirconium (Zr)	0.023	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 06/07/2017		Ca/Mg	8.72
Date Received: 06/12/2017		Ca/P	1.26
Date Completed: 06/14/2017		Na/K	1.33
Methodology: ICP/MS		Zn/Cu	19
Sample Size: 0.2 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: BLond			
Treatment:			
Shampoo: Dr Ron Msm			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

1) What are your current symptoms and health history?

- Seasonal and Pet Allergies
- Dyshidrosis - Bumps/peeling on my fingers during warmer months
- Recently more fatigue than usual
- Headaches - these have lessened with a reduction of histamine intake
- Some brain fog - this is fairly recent and seems to be correlated with stress

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

15yo - Root Canal (was be bleached/repacked at least twice)
16yo-19yo - Braces
20yo - Wisdom Teeth removed

No amalgams, all fillings are composite (only 2 or so, when I was 19yo)

I am now 36yo.

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

None

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

Unknown, will try to find out.

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

- Full suite of vaccinations when I was young.
- Allergy shots for probably a number of years when I was young
- A couple flu shots around 10 years ago (I did not get them regularly)

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

- Seeking Health Multi Vitamin
- Vitamin K
- Evening Primrose Oil
- Dr Ron's Sea Vegetables
- Curcumin
- Calcium
- Magnesium via Concentrace

7) Other information you feel may be relevant?

36 6'2" 166lbs

My TSH has been steadily rising though it varies depending on the lab I get it at.

Range is from 3.5-6.

FT3 and FT4 are both low end of range.

I have thyroid antibodies. Negative for TPO (3.2 w/ range of ≤ 9) and positive for Anti-Thyroglobulin (8 w/ range of < 4)

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

Seattle, WA for last 14 years, California before that.