

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	< 0.066		
Arsenic (As)	0.055	< 0.080		
Barium (Ba)	0.88	< 1.0		
Beryllium (Be)	< 0.01	< 0.020		
Bismuth (Bi)	< 0.002	< 2.0		
Cadmium (Cd)	< 0.009	< 0.065		
Lead (Pb)	0.89	< 0.80		
Mercury (Hg)	0.48	< 0.80		
Platinum (Pt)	< 0.003	< 0.005		
Thallium (Tl)	< 0.001	< 0.002		
Thorium (Th)	< 0.001	< 0.002		
Uranium (U)	0.011	< 0.060		
Nickel (Ni)	0.10	< 0.20		
Silver (Ag)	0.02	< 0.08		
Tin (Sn)	0.03	< 0.30		
Titanium (Ti)	0.35	< 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)	529	200- 750				
Magnesium (Mg)	74	25- 75				
Sodium (Na)	73	20- 180				
Potassium (K)	12	9- 80				
Copper (Cu)	8.0	11- 30				
Zinc (Zn)	170	130- 200				
Manganese (Mn)	0.15	0.08- 0.50				
Chromium (Cr)	0.35	0.40- 0.70				
Vanadium (V)	0.025	0.018- 0.065				
Molybdenum (Mo)	0.015	0.025- 0.060				
Boron (B)	0.94	0.40- 3.0				
Iodine (I)	0.77	0.25- 1.8				
Lithium (Li)	< 0.004	0.007- 0.020				
Phosphorus (P)	169	150- 220				
Selenium (Se)	0.53	0.70- 1.2				
Strontium (Sr)	1.7	0.30- 3.5				
Sulfur (S)	46000	44000- 50000				
Cobalt (Co)	0.064	0.004- 0.020				
Iron (Fe)	5.3	7.0- 16				
Germanium (Ge)	0.032	0.030- 0.040				
Rubidium (Rb)	0.024	0.011- 0.12				
Zirconium (Zr)	0.040	0.020- 0.44				

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 06/18/2018	Sample Size: 0.196 g	Ca/Mg	7.15	4- 30
Date Received: 06/25/2018	Sample Type: Head	Ca/P	3.13	0.8- 8
Date Completed: 06/28/2018	Hair Color: Brown	Na/K	6.08	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	21.3	4- 20
	Shampoo: L'oreal	Zn/Cd	> 999	> 800

1) What are your current symptoms and health history?

- Feel tired all the time. Legs feel like they have never rested. General lack of energy.
- Heart Palpitations and irregular heartbeats.
- High blood cholesterol.
- Anxiety.
- Ringing in the ears (Tinnitus).
- Muscle twitching.
- Hard to concentrate and focus. Feel that memory is declining (used to have excellent memory). Sometimes is difficult to find the words when in a conversation.
- Mood swings and volatile character. Irritability.
- Difficulty urinating with no infection present.
- Joint pain (knees) and lower back pain.
- Receding gums.
- Migraines, cluster headaches. (I only experience this awful headaches during winter)
- Cold hands and feet.

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

- Currently have 4 amalgams. Used to have 5 but one was removed (without any safety measures) around 2 years ago. First amalgam was placed when I was 15 I think, but cannot be sure. I started experiencing Migraines when I was around 16. Could it be that the reason behind the migraines I have experienced ever since are caused by Mercury?

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

- No dental work has been done. Only have the 4 amalgams in place.

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

- Unable to remember with precision. But is very likely that amalgams were present.

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

- Fully vaccinated according to the local regulation. I do not take the flu shot that is recommended (not obligatory) by the government every year.

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

- 1000mg of vitamin C per day. Vitamin D, 5000IU per week. 10 milligram cortisol in two 5mg doses. One in the morning and one in the afternoon around lunch.

7) Other information you feel may be relevant?

- More information below

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

- I live in Montevideo/Uruguay/South America.