

Toxic & Essential Elements; Hair

TOXIC METALS				PERCENTILE	
		RESULT µg/g	REFERENCE INTERVAL	68 th	95 th
Aluminum (Al)		13	< 7.0		
Antimony (Sb)		0.022	< 0.066		
Arsenic (As)		0.058	< 0.080		
Barium (Ba)		0.44	< 1.0		
Beryllium (Be)		< 0.01	< 0.020		
Bismuth (Bi)		0.007	< 2.0		
Cadmium (Cd)		< 0.009	< 0.065		
Lead (Pb)		0.20	< 0.80		
Mercury (Hg)		0.13	< 0.80		
Platinum (Pt)		< 0.003	< 0.005		
Thallium (Tl)		< 0.001	< 0.002		
Thorium (Th)		< 0.001	< 0.002		
Uranium (U)		0.015	< 0.060		
Nickel (Ni)		0.44	< 0.20		
Silver (Ag)		0.02	< 0.08		
Tin (Sn)		0.03	< 0.30		
Titanium (Ti)		0.45	< 0.60		
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS				PERCENTILE				
		RESULT µg/g	REFERENCE INTERVAL	2.5 th	16 th	50 th	84 th	97.5 th
Calcium (Ca)		405	200- 750					
Magnesium (Mg)		88	25- 75					
Sodium (Na)		260	20- 180					
Potassium (K)		13	9- 80					
Copper (Cu)		80	11- 30					
Zinc (Zn)		230	130- 200					
Manganese (Mn)		0.27	0.08- 0.50					
Chromium (Cr)		0.56	0.40- 0.70					
Vanadium (V)		0.009	0.018- 0.065					
Molybdenum (Mo)		0.031	0.025- 0.060					
Boron (B)		0.31	0.40- 3.0					
Iodine (I)		0.27	0.25- 1.8					
Lithium (Li)		0.010	0.007- 0.020					
Phosphorus (P)		182	150- 220					
Selenium (Se)		1.2	0.70- 1.2					
Strontium (Sr)		0.47	0.30- 3.5					
Sulfur (S)		48400	44000- 50000					
Cobalt (Co)		0.060	0.004- 0.020					
Iron (Fe)		7.2	7.0- 16					
Germanium (Ge)		0.033	0.030- 0.040					
Rubidium (Rb)		0.010	0.011- 0.12					
Zirconium (Zr)		0.036	0.020- 0.44					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 02/19/2019	Sample Size: 0.205 g	Ca/Mg	4.6	4- 30
Date Received: 02/25/2019	Sample Type: Head	Ca/P	2.23	0.8- 8
Date Completed: 02/27/2019	Hair Color: Brown	Na/K	20	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	2.88	4- 20
	Shampoo: Andalou Natural	Zn/Cd	> 999	> 800

1. What are your current symptoms and health history?

Beta Thalassemia Minor (inherited blood disorder that causes anemia)

Hypothyroid
Insomnia
Anxiety
Brain Fog
Fatigue
Plantar warts
Athlete's foot

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

Received amalgam fillings (not sure how many) as a child (before the age of 12). Had braces from age 14-18. Had 8 teeth pulled at the recommendation of orthodontist, including 4 wisdom teeth and 4 others – several of the latter contained amalgam fillings. Kept three amalgam fillings for over 40 years until they were removed by a mercury-safe dentist in 2015.

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

Five composite fillings. Dental work is complete.

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

Mother had numerous amalgam fillings until she passed at age 89.

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

All the typical vaccinations for someone born in 1963: Diphtheria and tetanus toxoids and pertussis vaccine (DTP), polio, and smallpox. Not sure about measles. No flu or travel shots that I can recall.

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

Medication

- NP Thyroid 120 mg (60 mg upon awaking and 60 mg before lunch)

Supplements

- MegaFood - Men Over 40 One Daily, Multivitamin (breakfast)
- Vitamin C 1000 mg 2x/day (breakfast and dinner)
- Magnesium Glycinate 200 mg (dinner)
- Selenium 100 mg (breakfast)
- Vitamin D3 1000 IU (breakfast)
- Zinc 30 to 65 mg (30-50 mg at breakfast; and 15 mg at dinner mixed with 1 mg copper)
- Copper (as gluconate) 1 mg (dinner mixed with 15 mg zinc)
- Boron 3 mg (breakfast)
- K2 MK 7 90 mcg (breakfast)
- K2 MK 4 15 mg (breakfast)
- Nascent Iodine 1600 mcg (2 drops upon waking and 2 drops before lunch)
- Iron 28 mg. Garden of Life Iron Supplement - Vitamin Code Healthy Blood Raw Whole Food Vitamin, Vegan, 60 Capsules. (between breakfast and lunch)
- Trace Minerals Research - Concentrace Trace Mineral Drops. I add a small amount to my water bottles to prevent nighttime leg cramps. (drink throughout the day)
- Ancient Minerals Magnesium Bath Flakes of Pure Genuine Zechstein Chloride - I add a small amount (about 1/2 tsp) of the flakes to about 60 oz of water to prevent nighttime leg cramps. (drink throughout the day)

Sleep Aids

- 3mg Melatonin timed release
- 200mg Magnesium lactate

- 100mg 5 HTP timed release

7. What is your age, height and weight?

55; 5'6"; 135 Lbs.

8. Other information you feel may be relevant?

Lots of exposure to gasoline and oil as a teen and young adult while working on cars and snowmobiles.

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

Lansing, MI