

SEX: Female DOB: 01/18/1961

AGE: 58

Toxic & Essential Elements; Hair

TOXIC METALS							
		RESULT μg/g	REFERENCE INTERVAL	PERCENTILE 95 th			
Aluminum	(AI)	2.4	< 7.0				
Antimony	(Sb)	< 0.01	< 0.050				
Arsenic	(As)	0.094	< 0.060				
Barium	(Ba)	0.11	< 2.0				
Beryllium	(Be)	< 0.01	< 0.020				
Bismuth	(Bi)	0.038	< 2.0				
Cadmium	(Cd)	< 0.009	< 0.050				
Lead	(Pb)	0.06	< 0.60				
Mercury	(Hg)	0.76	< 0.80				
Platinum	(Pt)	< 0.003	< 0.005				
Thallium	(TI)	< 0.001	< 0.002				
Thorium	(Th)	< 0.001	< 0.002				
Uranium	(U)	0.005	< 0.060				
Nickel	(Ni)	0.02	< 0.30	-			
Silver	(Ag)	0.27	< 0.15	-			
Tin	(Sn)	1.6	< 0.30				
Titanium	(Ti)	0.18	< 0.70				
Total Toxic Representati	on						
FORENTIAL AND OTHER ELEMENTS							

ESSENTIAL AND OTHER ELEMENTS								
		RESULT μg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th				
Calcium	(Ca)	236	300- 1200					
Magnesium	(Mg)	42	35- 120					
Sodium	(Na)	100	20- 250					
Potassium	(K)	19	8- 75	•				
Copper	(Cu)	12	11- 37					
Zinc	(Zn)	180	140- 220	•				
Manganese	(Mn)	0.83	0.08- 0.60					
Chromium	(Cr)	0.48	0.40- 0.65					
Vanadium	(V)	0.047	0.018- 0.065					
Molybdenum	(Mo)	0.020	0.020- 0.050					
Boron	(B)	0.21	0.25- 1.5					
lodine	(I)	0.18	0.25- 1.8					
Lithium	(Li)	< 0.004	0.007- 0.020					
Phosphorus	(P)	149	150- 220					
Selenium	(Se)	0.59	0.55- 1.1					
Strontium	(Sr)	0.56	0.50- 7.6					
Sulfur	(S)	49300	44000- 50000					
Cobalt	(Co)	0.007	0.005- 0.040					
Iron	(Fe)	6.8	7.0- 16					
Germanium	(Ge)	0.040	0.030- 0.040					
Rubidium	(Rb)	0.022	0.007- 0.096	•				
Zirconium	(Zr)	0.079	0.020- 0.42	•				

SPECIMEN DATA			RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE	
		Ca/Mg	5.62	4- 30	
Date Collected: 09/03/2019	Sample Size: 0.197 g	Ca/P	1.58	1- 12	
Date Received: 09/09/2019	Sample Type: Head	Na/K	5.26	0.5- 10	
Date Reported: 09/11/2019	Hair Color:	Zn/Cu	15	4- 20	
Methodology: icp/мs	Treatment:	Zn/Cd	> 999	> 800	
	Shampoo:				

Health history for hair test 1395

- 1. Current symptoms: fatigue often will crash in the afternoon (for years has never made sense to me since I slept well until the last two years, have always exercised and have a healthy diet). Clenching teeth about ten years, at night but now also in daytime. Poor sleep, waking for hours in the middle of the night. Use to be once a month, then a couple of times a week, now more often than not (I think it's hormonal...). History of severe gluten intolerance hospitalized for three weeks as infant until they figured it out. Started eating gluten again at age 6 with not much issue. Stopped eating gluten 5 years ago and all seasonal allergies stopped. Recently diagnosed with high cholesterol unexplained by diet/exercise/general health picture and have moderate/severe hard and soft plaque blockage in sub-clavian arterial arch. I have fair skin and had lots of sun exposure through my 20s and recently had a cancerous skin lesion removed from my leg
- 2. Dental history: I have 8 mercury fillings all since childhood. I have all my wisdom teeth.
- 3. Still have all my same fillings. I have one implant in a front tooth from an injury (same one as the root canal).
- 4. Don't know about mother's dental history.
- 5. I had all the usual childhood vaccinations. I travelled to Central and South America in my 20's and had some more then. Travelled to Kenya 7 and 5 years ago and had some more (hepatitis, yellow fever?). I have had one or two flu shots.
- 6. Medications: Atorvastatin 20mg, 1 baby aspirin Supplements: Vitamin C 2000 mg, Magnesium citrate 200 mg, Vitamin D 4000 IU
- 7. 58 years old, 5'3", 130lbs
- 8. I feel healthy and strong and don't experience anxiety or depression (gratefully). The fatigue and cholesterol are my biggest health concerns.
- 9. I have lived in Olympia, Washington for 31 years.