



HAIR TEST 1400 -
follow-up
SEX: Male
DOB: 08/27/1999

AGE: 20

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.2	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.030	< 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)	0.12	< 0.80	
Mercury (Hg)	0.05	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.01	< 0.20	
Silver (Ag)	< 0.006	< 0.08	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.14	< 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)	174	200- 750			
Magnesium (Mg)	17	25- 75			
Sodium (Na)	30	20- 180			
Potassium (K)	11	9- 80			
Copper (Cu)	6.9	11- 30			
Zinc (Zn)	160	130- 200			
Manganese (Mn)	0.03	0.08- 0.50			
Chromium (Cr)	0.33	0.40- 0.70			
Vanadium (V)	0.042	0.018- 0.065			
Molybdenum (Mo)	0.035	0.025- 0.060			
Boron (B)	1.2	0.40- 3.0			
Iodine (I)	0.67	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	183	150- 220			
Selenium (Se)	0.59	0.70- 1.2			
Strontium (Sr)	0.15	0.30- 3.5			
Sulfur (S)	46800	44000- 50000			
Cobalt (Co)	< 0.002	0.004- 0.020			
Iron (Fe)	3.7	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.013	0.011- 0.12			
Zirconium (Zr)	0.10	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 09/24/2019		Ca/Mg	10.2
Date Received: 09/30/2019		Ca/P	0.951
Date Reported: 10/01/2019		Na/K	2.73
Methodology: ICP/MS		Zn/Cu	23.2
Sample Size: 0.197 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Blond			
Treatment:			
Shampoo: Everyone Shampoo			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	



Hair Test 1400
 SEX: Male
 AGE: 17

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.0	< 8.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.027	< 0.080	
Barium (Ba)	0.05	< 0.75	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.060	
Lead (Pb)	0.04	< 1.0	
Mercury (Hg)	< 0.03	< 0.40	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.008	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	< 0.006	< 0.10	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.26	< 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)	389	200- 700	
Magnesium (Mg)	38	18- 70	
Sodium (Na)	12	20- 200	
Potassium (K)	5	9- 80	
Copper (Cu)	9.3	11- 32	
Zinc (Zn)	170	150- 230	
Manganese (Mn)	0.04	0.08- 0.50	
Chromium (Cr)	0.36	0.40- 0.70	
Vanadium (V)	0.030	0.020- 0.075	
Molybdenum (Mo)	0.042	0.030- 0.060	
Boron (B)	0.43	0.34- 3.0	
Iodine (I)	4.1	0.25- 1.3	
Lithium (Li)	0.011	0.007- 0.020	
Phosphorus (P)	168	150- 220	
Selenium (Se)	0.95	0.70- 1.2	
Strontium (Sr)	0.40	0.30- 3.2	
Sulfur (S)	46300	44000- 50000	
Cobalt (Co)	0.005	0.004- 0.020	
Iron (Fe)	3.0	7.0- 16	
Germanium (Ge)	0.035	0.030- 0.040	
Rubidium (Rb)	0.004	0.009- 0.090	
Zirconium (Zr)	0.059	0.047- 0.70	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/19/2017		Ca/Mg	10.2
Date Received: 03/22/2017		Ca/P	2.32
Date Completed: 03/24/2017		Na/K	2.4
Methodology: ICP/MS		Zn/Cu	18.3
Sample Size: 0.205 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Blond			
Treatment:			
Shampoo: Trader Joes			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1400 Health History

I am attaching two of my son's hair tests (Age 20). One is from 2017 and the other is from 2019. The recent one appears to be worse than the one from 2 years ago, at least according to counting rules and I would like some help with interpreting. Answers to questions (2019):

1. Symptoms: dizziness almost daily, occasional headaches (were almost daily until June 2019), fatigue, slow growth, distractibility, perseveration, OCD, daydreams a lot, emotional lability at times, sensitive to kids crying or people yelling, dogs barking.

Health history: Was doing OK for the first 5 months or so, then began to refuse nursing and lost weight. Also development slowed down - motor skills and babbling decreased. This was after his 4 month shots and after starting solid foods - rice cereal. Dx as high functioning autism when he was 7. Low tone, failure to thrive, developmental delays but did well with one on one intervention. Had a bad detox protocol for several months at age 12 using supplement containing ALA, NAC, cilantro and became worse (before Mom had heard about Dr. Cutlers protocol). Was very ill in 2011 with atypical pneumonia - admitted to ER 2x in 4 months.

2. Dental: Had wisdom teeth removed July 15, 2019 by oral surgeon. No dry sockets. Now has Invisalign and maybe will get regular braces later on lower teeth if needed.

3. Has had a few fillings, but no mercury amalgams. Sees a mercury-free dentist - no fluoride either.

4. Mother had dental check-ups during pregnancy, no other work.

5. I (Ben) had all the normal shots as a baby/child. I never had flu shot or travel shots.

6. Supplements: 2019 test

Vitaspectrum vitamin powder - 1/2 scoop 2x a day

Betaine - 1 500 mg w/ meals

SuperEnzymes - 1 with meals

Vitamin C - 2000 mg/day

Vit D - 5000 IU

Transfer Factor - 3 caps/day (immunity)

Adrenal Cortex - 500 mg/day

Melatonin - 5-7 mg/bedtime

DHA -250 mg/day

Vit B1 - 150 mg

B12 - 1500 mcg 2x/wk

2017 Symptoms: The same as 2019 except had almost daily headaches and didn't have dizziness then.

Supplements (2017):

Basic Nutrients plus III Multivitamin - 3 caps

Betaine- 2 w/meals

Super Enzymes - 1 w/meals

Magnesium Citrate - 600 mg/day

Zinc- 50 mg

Biotin - 5000mcg every other day

Transfer Factor - 3 caps/day

Vitamin C - 2000-4000/day

Adrenal Cortex Extract - 500 mg

Vitamin B1 -

Lithium - 5 mg

Super EPA (fish oil) - 1 cap

Phosphatidylserine 100 mg

Vitamin E - 400 IU every other day

Ashwagandha - 1000 mg/day

B12-1000 every other day

5MTHF - 500 mcg
Selenium - 200 mcg
B5- 2-3 caps/day
Ultracare for Kids powder- 1 scoop
CBD Oil - 25 drops

7. Mother had a booster Rubella vaccine about the time of Ben's conception (before aware she was pregnant).

8. Appleton, WI USA since 2012
Previously lived in Mound, MN

Let me know if you need any other information.