



SEX: Male  
DOB: 12/28/1963

AGE: 56



**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.2	< 12	
Antimony (Sb)	0.081	< 0.080	
Arsenic (As)	0.098	< 0.12	
Barium (Ba)	1.7	< 1.5	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.003	< 2.0	
Cadmium (Cd)	0.016	< 0.065	
Lead (Pb)	3.0	< 1.5	
Mercury (Hg)	0.54	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.002	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.005	< 0.060	
Nickel (Ni)	0.28	< 0.40	
Silver (Ag)	0.16	< 0.10	
Tin (Sn)	0.82	< 0.30	
Titanium (Ti)	0.30	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	578	375- 1100			
Magnesium (Mg)	44	40- 140			
Sodium (Na)	200	60- 400			
Potassium (K)	280	28- 160			
Copper (Cu)	27	11- 32			
Zinc (Zn)	110	120- 200			
Manganese (Mn)	0.53	0.15- 0.65			
Chromium (Cr)	0.51	0.40- 0.70			
Vanadium (V)	0.038	0.018- 0.065			
Molybdenum (Mo)	0.061	0.040- 0.080			
Boron (B)	1.6	0.40- 2.5			
Iodine (I)	0.99	0.25- 1.8			
Lithium (Li)	0.35	0.008- 0.030			
Phosphorus (P)	159	200- 300			
Selenium (Se)	1.1	0.80- 1.3			
Strontium (Sr)	1.5	1.0- 6.0			
Sulfur (S)	42200	41000- 47000			
Cobalt (Co)	0.007	0.006- 0.035			
Iron (Fe)	9.8	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.41	0.030- 0.25			
Zirconium (Zr)	0.23	0.040- 1.0			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 02/28/2020		Ca/Mg	13.1
Date Received: 03/04/2020		Ca/P	3.64
Date Reported: 03/05/2020		Na/K	0.714
Methodology: ICP/MS		Zn/Cu	4.07
Sample Size: 0.201 g		Zn/Cd	> 999
Sample Type: Pubic			
Hair Color: Brown			
Treatment:			
Shampoo:			
		<b>RANGE</b>	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

### Health history for hair test 1403

Without nutritional supplements, I lack energy and have brain fog. With supplements, no relevant symptoms.

Many health issues - here are some of the most relevant -  
Stage 3 kidney disease which now seems to be cured based on testing.  
Corneal pellucid marginal degeneration  
Myopia  
H/o mild dementia  
Alopecia  
Left ulnar neuropathy  
Hypogonadism/erectile dysfunction  
Probable low thyroid function  
Bilateral pes planus  
Cervical spinal stenosis  
H/o undernourishment  
Left ear decreased hearing  
Decreased taste and smell  
Bilateral rotator cuff arthropathy  
Bilateral medial elbow epicondylitis

4 wisdom teeth extractions in my early 20's  
Extractions of 1 or several "baby teeth"  
H/o multiple amalgam fillings in my 20's  
H/o teeth whitening about 10 years ago  
H/o dental crowns  
No root canals

My mother had multiple amalgam fillings and also dentures and crowns and root canals.  
Not sure about mother's dental work during her pregnancy with me.

No travel shots.  
polio, tetanus, hepatitis b vaccines  
? Rubella

56 yo male  
5'9"  
155 lbs

Living in Pittsburgh, Pa area

Supplements -

Vitamin A

Vitamin B1  
Vitamin B2  
Vitamin B5

Vitamin B6

Vitamin B9 as Methyl Folate  
Vitamin B12 as Methyl B12 - Liquid  
Vitamin K2  
Vitamin C Crystals and Liposomal vitamin C  
Vitamin D (as D3) - Liquid  
Vitamin E - Mixed Tocopherols and Tocotrienols  
Selenium  
Zinc Gluconate  
Magnesium Glycinate  
Magnesium Magnesium L-Threonate  
Acetyl L-Carnitine  
L-Glutamine Powder  
Trans-Resveratrol  
Pyrroloquinoline Quinone  
Organic Curcumin (95% Total Curcuminoids) Capsules  
Organic Turmeric  
Organic Black Pepperell  
Organic Ginger  
Organic Matcha Green Tea  
N-Acetyl Cysteine  
Now Brand Clinical Strength Prostate Health  
Melatonin  
Ubiquinol  
Lithium Orotate  
Iodine  
Organic Milk Thistle  
L-Tyrosine  
Lions Mane Mushroom Capsules  
Dandelion Greens  
Kelp  
Adrenal support  
Panax Ginseng  
Cordyceps  
Betaine  
Digestive Enzymes