

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.7	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.030	< 0.060	
Barium (Ba)	0.06	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.010	< 2.0	
Cadmium (Cd)	0.080	< 0.050	
Lead (Pb)	0.41	< 0.60	
Mercury (Hg)	0.07	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.002	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.063	< 0.060	
Nickel (Ni)	0.13	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	0.07	< 0.30	
Titanium (Ti)	0.32	< 0.70	
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)	108	300– 1200	
Magnesium (Mg)	14	35– 120	
Sodium (Na)	50	20– 250	
Potassium (K)	43	8– 75	
Copper (Cu)	12	11– 37	
Zinc (Zn)	170	140– 220	
Manganese (Mn)	0.05	0.08– 0.60	
Chromium (Cr)	0.43	0.40– 0.65	
Vanadium (V)	0.036	0.018– 0.065	
Molybdenum (Mo)	0.031	0.020– 0.050	
Boron (B)	0.55	0.25– 1.5	
Iodine (I)	2.9	0.25– 1.8	
Lithium (Li)	< 0.004	0.007– 0.020	
Phosphorus (P)	149	150– 220	
Selenium (Se)	0.94	0.55– 1.1	
Strontium (Sr)	0.12	0.50– 7.6	
Sulfur (S)	49000	44000– 50000	
Cobalt (Co)	0.005	0.005– 0.040	
Iron (Fe)	4.4	7.0– 16	
Germanium (Ge)	0.034	0.030– 0.040	
Rubidium (Rb)	0.053	0.007– 0.096	
Zirconium (Zr)	0.011	0.020– 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 04/25/2021		Ca/Mg	7.71	4– 30
Date Received: 04/28/2021		Ca/P	0.725	1– 12
Date Reported: 04/30/2021		Na/K	1.16	0.5– 10
Methodology: ICP/MS		Zn/Cu	14.2	4– 20
Sample Size: 0.198 g		Zn/Cd	> 999	> 800
Sample Type: Head				
Hair Color:				
Treatment:				
Shampoo:				

- What are your current symptoms and health history?
 - Chronic fatigue, anxiety, chronic headaches 24/7 worse upon awakening, stress intolerant, poor sleep quality with frequent awakening & needing to pee, puffy bags under eyes
- Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc....)
 - Braces from 2nd grade for 6 yrs.
 - First amalgam in early 20's
- What dental work do you currently have in place? What part of the dental cleanup have you completed?
 - Amalgams removed 2018 & replaced with composites.
- What dentistry did your mother have at any time before or during pregnancy?
 - Don't know. I think she was known to have fairly good teeth.
- What vaccinations have you had and when (including flu and especially travel shots)?
 - All the regular vaccinations of a child growing up in the 60's & 70's.
- Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken.
 - Emerita Pro-gest 20mg (progesterone, over the counter)
 - Estriol .05 mg vaginally 3x a week with Estradiol .0025 mg vaginally
 - T3 (brand Cynomel) 56.25 mcg, split in 3 doses daily
 - Standard Process Adrenal dessicated 2-3 /day
 - Thorne cortex 50mg x 3 (on & off, as needed)
 - Gemmo Rosemary extract
 - Camu camu powder
 - Tyrosine 660mg
 - Taurine 1gm
 - P5P B6 33mg
 - dIM 200mg
 - Calcium D-Glucarate 200mg x2 /day
 - Sunflower lecithin
 - Brewer's yeast Non fortified
 - VSL3 probiotic
 - 1 tsp Dropi cod liver oil
 - 1mg molybdenum
 - Magnesium 1,000 mg daily (malate, citrate, bicarb)
 - Calcium = only eggshells soaked in lemon
 - Zinc sulfate liquid 30mg

- 3 gm glycine powder daily
- Hcl w/ pepsin 1/day
- Theanine 100mg x2/day
- 12.5 mg Lugol's iodine 2 -3 x/week
- 100mcg selenium methionine
- Milk thistle exact 150mg 2-3/day
- Boron 3mg
- Std.Process Antronex (for allergies)
- Std.Process Echinacea
- Vitamin C: 1-6gm/day as needed, esp during & right after a Chelation round
- Diatomaceous Earth ¼ tsp 3x/day
- Potassium Citrate
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- Other information you feel may be relevant?
 - Hepatitis C chronic 33 yrs, took Harvoni & now undetectable since 2017
- What is your location - city & country (so that we can learn where certain toxins are more prevalent).
 - Fair Lawn, NJ, US