



PATIENT: Number 684  
 SEX: Male  
 AGE: 23

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	0.7	< 7.0	
Antimony (Sb)	0.067	< 0.066	
Arsenic (As)	0.052	< 0.080	
Barium (Ba)	0.10	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	
Cadmium (Cd)	0.010	< 0.065	
Lead (Pb)	0.04	< 0.80	
Mercury (Hg)	0.39	< 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)	0.01	< 0.08	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.21	< 0.60	
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)	233	200- 750			
Magnesium (Mg)	25	25- 75			
Sodium (Na)	26	20- 180			
Potassium (K)	4	9- 80			
Copper (Cu)	9.0	11- 30			
Zinc (Zn)	160	130- 200			
Manganese (Mn)	0.05	0.08- 0.50			
Chromium (Cr)	0.33	0.40- 0.70			
Vanadium (V)	0.015	0.018- 0.065			
Molybdenum (Mo)	0.023	0.025- 0.060			
Boron (B)	0.36	0.40- 3.0			
Iodine (I)	150	0.25- 1.8			
Lithium (Li)	0.009	0.007- 0.020			
Phosphorus (P)	154	150- 220			
Selenium (Se)	0.77	0.70- 1.2			
Strontium (Sr)	2.0	0.30- 3.5			
Sulfur (S)	45600	44000- 50000			
Cobalt (Co)	< 0.002	0.004- 0.020			
Iron (Fe)	4.4	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.003	0.011- 0.12			
Zirconium (Zr)	0.015	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 10/31/2012		Ca/Mg	9.32
Date Received: 11/05/2012		Ca/P	1.51
Date Completed: 11/07/2012		Na/K	6.5
Methodology: ICP/MS		Zn/Cu	17.8
Sample Size: 0.202 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Naked			
		<b>RANGE</b>	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	



NUMBER: 684 follow up test (Jan 2016)

SEX: Male

AGE: 26

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	0.9	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.013	< 0.080	
Barium (Ba)	1.7	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.04	< 0.80	
Mercury (Hg)	< 0.03	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.054	< 0.060	
Nickel (Ni)	0.06	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.19	< 0.60	
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)	972	200- 750	
Magnesium (Mg)	84	25- 75	
Sodium (Na)	17	20- 180	
Potassium (K)	< 3	9- 80	
Copper (Cu)	11	11- 30	
Zinc (Zn)	170	130- 200	
Manganese (Mn)	0.02	0.08- 0.50	
Chromium (Cr)	0.31	0.40- 0.70	
Vanadium (V)	0.026	0.018- 0.065	
Molybdenum (Mo)	0.054	0.025- 0.060	
Boron (B)	0.22	0.40- 3.0	
Iodine (I)	0.27	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	151	150- 220	
Selenium (Se)	1.2	0.70- 1.2	
Strontium (Sr)	1.7	0.30- 3.5	
Sulfur (S)	47400	44000- 50000	
Cobalt (Co)	0.012	0.004- 0.020	
Iron (Fe)	8.5	7.0- 16	
Germanium (Ge)	0.034	0.030- 0.040	
Rubidium (Rb)	< 0.003	0.011- 0.12	
Zirconium (Zr)	< 0.007	0.020- 0.44	

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 01/20/2016		Ca/Mg	11.6
Date Received: 01/26/2016		Ca/P	6.44
Date Completed: 01/30/2016		Na/K	5.67
Methodology: ICP/MS		Zn/Cu	15.5
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Herbal Essences			
		<b>RANGE</b>	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## **Health history for hair test 684**

### **What are your current symptoms and health history?**

Chronic fatigue, anxiety, extreme shyness, brain fog and discomfort, cold intolerance, many food intolerances and coeliac, weight loss, extremely slow/poor wound healing.

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

Temporary cap on chipped baby tooth, replaced once.

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

No dental work.

### **What dentistry did your mother have at any time before or during pregnancy?**

Several amalgams

### **What vaccinations have you had and when (including flu and especially travel shots)?**

Standard UK vaccinations plus a repeat MMR vaccine at ~15. No extra shots.

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

For two months prior: K2 (MK4) 15mg x3, B2 7.5-25mg x3, manganese chloride <825mcg applied to skin, occasional copper sulphate drops sublingually or topically.

3/4 months prior: methylcobalamin and methylfolate up to 3mg per day, B complex, zinc 50mg, calcium, magnesium, many others.

I did a few rounds of frequent-dose ALA chelation, but stopped 3 or so months before testing.

### **What is your age, height and weight?**

23, 6'3", 66kg

### **Other information you feel may be relevant?**

Antidepressants (Amitriptyline, Prozac, Effexor) from age 8 to 16

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

Warwickshire, UK

**Hair test 684 follow-up history (Feb 2016)**

Age, height, weight:  
26, 6'3", 66kg

Location:  
East Midlands, UK

Supplements:  
Calcium 800mg  
Magnesium 800mg  
Zinc 50mg  
Molybdenum 600mcg  
Chromium 400mcg  
Vanadium 2mg  
A, C, E, B complex, artichoke, milk thistle, lecithin, glycine, taurine, flax oil