



SEX: Male
AGE: 40

Toxic & Essential Elements; Hair

| TOXIC METALS | | | |
|----------------------------|----------------|-----------------------|---|
| | RESULT µg/g | REFERENCE INTERVAL | PERCENTILE 68 th 95 th |
| Aluminum (Al) | 5.8 | < 7.0 | |
| Antimony (Sb) | 0.012 | < 0.066 | |
| Arsenic (As) | 0.020 | < 0.080 | |
| Barium (Ba) | 0.21 | < 1.0 | |
| Beryllium (Be) | < 0.01 | < 0.020 | |
| Bismuth (Bi) | 0.057 | < 2.0 | |
| Cadmium (Cd) | < 0.009 | < 0.065 | |
| Lead (Pb) | 0.07 | < 0.80 | |
| Mercury (Hg) | 0.38 | < 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) | 0.03 | < 0.20 | |
| Silver (Ag) | 0.01 | < 0.08 | |
| Tin (Sn) | 0.05 | < 0.30 | |
| Titanium (Ti) | 0.41 | < 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) | 380 | 200- 750 | | | |
| Magnesium (Mg) | 34 | 25- 75 | | | |
| Sodium (Na) | 28 | 20- 180 | | | |
| Potassium (K) | 10 | 9- 80 | | | |
| Copper (Cu) | 15 | 11- 30 | | | |
| Zinc (Zn) | 220 | 130- 200 | | | |
| Manganese (Mn) | 0.06 | 0.08- 0.50 | | | |
| Chromium (Cr) | 0.35 | 0.40- 0.70 | | | |
| Vanadium (V) | 0.029 | 0.018- 0.065 | | | |
| Molybdenum (Mo) | 0.027 | 0.025- 0.060 | | | |
| Boron (B) | 0.36 | 0.40- 3.0 | | | |
| Iodine (I) | 0.24 | 0.25- 1.8 | | | |
| Lithium (Li) | < 0.004 | 0.007- 0.020 | | | |
| Phosphorus (P) | 230 | 150- 220 | | | |
| Selenium (Se) | 0.84 | 0.70- 1.2 | | | |
| Strontium (Sr) | 0.40 | 0.30- 3.5 | | | |
| Sulfur (S) | 50200 | 44000- 50000 | | | |
| Cobalt (Co) | 0.004 | 0.004- 0.020 | | | |
| Iron (Fe) | 6.0 | 7.0- 16 | | | |
| Germanium (Ge) | 0.033 | 0.030- 0.040 | | | |
| Rubidium (Rb) | 0.017 | 0.011- 0.12 | | | |
| Zirconium (Zr) | 0.23 | 0.020- 0.44 | | | |

| SPECIMEN DATA | | RATIOS | |
|----------------------------|----------------------|----------|---------|
| COMMENTS: | | ELEMENTS | RATIOS |
| Date Collected: 06/07/2014 | Sample Size: 0.197 g | Ca/Mg | 11.2 |
| Date Received: 06/10/2014 | Sample Type: Head | Ca/P | 1.65 |
| Date Completed: 06/11/2014 | Hair Color: Brown | Na/K | 2.8 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 14.7 |
| | Shampoo: Pantene | Zn/Cd | > 999 |
| | | RANGE | |
| | | | 4- 30 |
| | | | 0.8- 8 |
| | | | 0.5- 10 |
| | | | 4- 20 |
| | | | > 800 |

Health history for hair test 1004

1. What are your current symptoms and health history?

I have suffered from depression and anxiety since I was 14. When I was younger, I was a very intelligent child. I learned easily without studying. However, once the depression set in, I struggled to do well in school. I have a lot of brain fog and have a really bad short term memory, so much that both my wife and friends poke fun at me about it. When I was little, I remember being very outgoing and loving to talk to people. When the depression set in, I became very shy with a lot of social anxiety. My antidepressants have helped somewhat through the years, but I have never felt well. Also, after I have been on an antidepressant for a few years, I have to have it changed, because it no longer works.

In the past couple of months, I have started having GERD. My doctor put me on Prevacid 30 mg twice daily for two weeks. Near the end of my time of taking the Prevacid, I also completed my first round of DMSA (3 mg every 4 hours for 3 days). During my round of DMSA, everything was fine, aside from being fatigued. I stopped the round of DMSA the same time that I stopped taking the Prevacid. For the next 6 days, I had diarrhea several times a day. Some days I felt like someone had my stomach in their hands and was twisting it in knots. Gradually, after several days, my bowel movements have returned to normal. My stomach still feels somewhat uneasy. Unfortunately, I don't know if all of this was a reaction to the DMSA, or a withdrawal symptom from stopping the prevacid.

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

I had my wisdom teeth removed approximately 20 years ago. I have had no extractions, braces, or root canals. I did have to have a gum graft. This is where they take tissue from the roof of your mouth and graft it to your gums. I don't know exactly when I had my first amalgam, but it was before I became a teenager.

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

I have had all 8 of my amalgams removed with a IAOMT dentist. The first 4 were removed in April of this year (2014). The other 4 were removed in June of this year (2014).

4. What dentistry did your mother have at any time before or during pregnancy?

Unfortunately, I have no idea.

5. What vaccinations have you had and when (including flu and especially travel shots)?

As a child I had all of the normal vaccinations. I have had the flu shot several times, including the last 2 years.

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

The only thing I was taking at the time of the hair test was a one-a-day vitamin for men. Four months before the hair test, I was taking effexor 75 mg daily. I had taken this several years, but weaned myself off of it in February 2014.

7. What is your age, height and weight?

Age = 40 Height = 5'6" Weight = 150lbs

8. Other information you feel may be relevant?

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

High Point, NC USA