



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)	4.2	< 7.0	
Antimony (Sb)	0.017	< 0.066	
Arsenic (As)	0.038	< 0.080	
Barium (Ba)	0.23	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.41	< 0.80	
Mercury (Hg)	0.08	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.012	< 0.060	
Nickel (Ni)	0.06	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.45	< 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)	337	200- 750			
Magnesium (Mg)	57	25- 75			
Sodium (Na)	66	20- 180			
Potassium (K)	130	9- 80			
Copper (Cu)	13	11- 30			
Zinc (Zn)	160	130- 200			
Manganese (Mn)	0.25	0.08- 0.50			
Chromium (Cr)	0.39	0.40- 0.70			
Vanadium (V)	0.22	0.018- 0.065			
Molybdenum (Mo)	0.023	0.025- 0.060			
Boron (B)	1.1	0.40- 3.0			
Iodine (I)	0.56	0.25- 1.8			
Lithium (Li)	0.005	0.007- 0.020			
Phosphorus (P)	137	150- 220			
Selenium (Se)	0.50	0.70- 1.2			
Strontium (Sr)	0.97	0.30- 3.5			
Sulfur (S)	46000	44000- 50000			
Cobalt (Co)	0.022	0.004- 0.020			
Iron (Fe)	9.0	7.0- 16			
Germanium (Ge)	0.033	0.030- 0.040			
Rubidium (Rb)	0.17	0.011- 0.12			
Zirconium (Zr)	0.063	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 09/05/2014	Sample Size: 0.198 g	Ca/Mg	5.91
Date Received: 09/12/2014	Sample Type: Head	Ca/P	2.46
Date Completed: 09/15/2014	Hair Color: BLond	Na/K	0.508
Methodology: ICP/MS	Treatment:	Zn/Cu	12.3
	Shampoo:	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## **Health history for hair test 1007**

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

- Sinus Issues
- Breathing Issues (I guess you can say it resembles Asthma because I have to catch my breath once in awhile, but after multiple doctor visits and seeing a pulmonologist, no one can figure out what it is or why it happens. I've noticed it does get worse when I'm stressed or anxious)
- Easily fall into a depression
- Easily Irritated
- Fatigue (I feel like I don't have the energy I should have and I recently turned 23)
- When I do cardio or play sports, I have an overproduction of mucus. I always have to spit it out.

All my problems started in November of 2011. I had a panic attack after a night of drinking with friends. After the panic attack, I started dealing with anxiety issues and mild depression. After this, I lost 20 pounds in the months of Dec 2012 - Jan 2013 due to anxiety and mild depression. After the anxiety and mild depression issues, I developed frequent headaches and sinus issues. The anxiety and headaches went away and the sinus issue subsided after lifestyle changes and adding supplements to my daily regime, but I still have the symptoms above.

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

I had braces placed in my mouth around 2005.

2 Amalgam Fillings In My Mouth (One Large and one tiny), not sure exactly when they were placed. It was either the year I got my braces or possibly a few years before that.

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

I still have 2 Amalgam fillings and recently had a composite filling added a year ago. Planning to get the two amalgam fillings safely removed within the next month.

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

She said she hasn't had any dental work during pregnancy, unsure of what what type of dentistry she had before pregnancy but she said she never had amalgam fillings. The only fillings shes ever had were white composite fillings.

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

I received all recommended vaccinations for children, no flu shots. I've traveled to Poland in 1995-1996 and DR around 1999-2000, but I'm unsure if I had any travel shots from that.

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

Magnesium 500-750mg daily  
Vitamin C 500-2000mg daily  
Probiotics 70 Billion CFU daily

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

23 years old, 5'11" 135lbs.

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

Elizabeth, New Jersey