



SEX: Male
AGE: 27

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.6	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.038	< 0.080	
Barium (Ba)	0.12	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.10	< 0.80	
Mercury (Hg)	0.18	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.015	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	0.04	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.36	< 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)	298	200- 750			
Magnesium (Mg)	32	25- 75			
Sodium (Na)	8	20- 180			
Potassium (K)	4	9- 80			
Copper (Cu)	8.4	11- 30			
Zinc (Zn)	170	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.29	0.40- 0.70			
Vanadium (V)	0.030	0.018- 0.065			
Molybdenum (Mo)	0.039	0.025- 0.060			
Boron (B)	0.48	0.40- 3.0			
Iodine (I)	0.43	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	186	150- 220			
Selenium (Se)	0.59	0.70- 1.2			
Strontium (Sr)	0.42	0.30- 3.5			
Sulfur (S)	44000	44000- 50000			
Cobalt (Co)	< 0.002	0.004- 0.020			
Iron (Fe)	4.1	7.0- 16			
Germanium (Ge)	0.026	0.030- 0.040			
Rubidium (Rb)	0.003	0.011- 0.12			
Zirconium (Zr)	< 0.007	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 12/15/2014	Sample Size: 0.201 g	Ca/Mg	9.31	4- 30
Date Received: 12/26/2014	Sample Type: Head	Ca/P	1.6	0.8- 8
Date Completed: 12/29/2014	Hair Color: Brown	Na/K	2	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	20.2	4- 20
	Shampoo:	Zn/Cd	> 999	> 800



HAIR TEST: 1034 follow-up March 2016

SEX: Male

AGE: 28

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.2	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.041	< 0.080	
Barium (Ba)	0.09	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.07	< 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)	0.016	< 0.060	
Nickel (Ni)	0.01	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.28	< 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)	238	200- 750			
Magnesium (Mg)	27	25- 75			
Sodium (Na)	26	20- 180			
Potassium (K)	5	9- 80			
Copper (Cu)	9.8	11- 30			
Zinc (Zn)	190	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.31	0.40- 0.70			
Vanadium (V)	0.022	0.018- 0.065			
Molybdenum (Mo)	0.034	0.025- 0.060			
Boron (B)	0.29	0.40- 3.0			
Iodine (I)	0.70	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	179	150- 220			
Selenium (Se)	0.40	0.70- 1.2			
Strontium (Sr)	0.55	0.30- 3.5			
Sulfur (S)	47000	44000- 50000			
Cobalt (Co)	0.002	0.004- 0.020			
Iron (Fe)	5.7	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.007	0.011- 0.12			
Zirconium (Zr)	< 0.007	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 02/22/2016	Sample Size: 0.202 g	Ca/Mg	8.81
Date Received: 03/10/2016	Sample Type: Head	Ca/P	1.33
Date Completed: 03/14/2016	Hair Color: Brown	Na/K	5.2
Methodology: ICP/MS	Treatment:	Zn/Cu	19.4
	Shampoo: Alnatura	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Health history for hair test 1034

1. Yearlong struggle with depression, low energy, low motivation, allergies, digestion problems, low weight, unusual need for sleep. In 2012 had a visit at a naturopath who used homeopathic remedies and had a horror trip of redistribution afterwards. It was a full crash involving my hormone system, adrenal problems, freezing, sensitivity to cold, digestion problems, major depression, emptiness, full blown anxiety, social discomfort, derealisation and depersonalisation, brainfog, slow thinking, it felt as if i had lost several IQ points, and weird perception issues and certainly a few other minor problems which i can't remember now.
2. 4 wisdom teeth removed in 2013. Never had amalgams. No root canals, no other fillings. Had braces in youth.
3. None.
4. Mother had several amalgam fillings before and during pregnancy as well as grandmother did.
5. Last vaccines at the age of 11, i guess, not sure. Had several episodes of allergy shots in youth and in summer of 2012.
6. Basic four + ACE + taurine + omega 3 + Vit A + Vit Bs
7. 27, 1,92m, 70 kg.
8. Grew up in germany, saxony in an area with lots of uranium mining and known contamination of heavy metals.
9. Living in Munich, Germany.