



SEX: Male  
AGE: 52

### Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	14	< 12	
Antimony (Sb)	0.045	< 0.080	
Arsenic (As)	0.046	< 0.12	
Barium (Ba)	1.1	< 1.5	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.015	< 2.0	
Cadmium (Cd)	0.019	< 0.065	
Lead (Pb)	0.71	< 1.5	
Mercury (Hg)	0.82	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.12	< 0.40	
Silver (Ag)	0.08	< 0.10	
Tin (Sn)	0.15	< 0.30	
Titanium (Ti)	0.51	< 0.70	
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)	476	375- 1100			
Magnesium (Mg)	41	40- 140			
Sodium (Na)	580	60- 400			
Potassium (K)	640	28- 160			
Copper (Cu)	11	11- 32			
Zinc (Zn)	160	120- 200			
Manganese (Mn)	0.12	0.15- 0.65			
Chromium (Cr)	0.45	0.40- 0.70			
Vanadium (V)	0.046	0.018- 0.065			
Molybdenum (Mo)	0.042	0.040- 0.080			
Boron (B)	3.2	0.40- 2.5			
Iodine (I)	2800	0.25- 1.8			
Lithium (Li)	0.009	0.008- 0.030			
Phosphorus (P)	269	200- 300			
Selenium (Se)	0.97	0.80- 1.3			
Strontium (Sr)	1.3	1.0- 6.0			
Sulfur (S)	46200	41000- 47000			
Cobalt (Co)	0.011	0.006- 0.035			
Iron (Fe)	5.6	7.0- 16			
Germanium (Ge)	0.028	0.030- 0.040			
Rubidium (Rb)	0.43	0.030- 0.25			
Zirconium (Zr)	1.6	0.040- 1.0			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 02/02/2015		Ca/Mg	11.6
Date Received: 02/06/2015		Ca/P	1.77
Date Completed: 02/07/2015		Na/K	0.906
Methodology: ICP/MS		Zn/Cu	14.5
Sample Size: 0.202 g		Zn/Cd	> 999
Sample Type: Pubic			
Hair Color: Brown			
Treatment:			
Shampoo: Herbal Essence			
		<b>RANGE</b>	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

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

Im a 52 year old male with many symptoms of chronic mercury poisoning. My DHEA and testosterone have both been very low for years. My DHEA tested 48.2 on a reference interval of 71.6 - 375.4 and my testosterone has been as low as 113. I have sleep apnea and have been diagnosed as hypothyroid. I deal with constipation, anxiety and lethargy on a daily basis.

My concentration and memory aren't what they used to be and my left eyelid has developed a twitch since I had my amalgams removed in late 2014. My sense of smell is basically nonexistent and my gums have started to recede.

My hair started shedding when I started supplementing with DHEA and I rarely fall asleep before 2 am. The only way that I am able to fall asleep is by taking xanax. I rarely sweat. My motivation is also nonexistent.

### **Health History**

Normal childhood vaccines of the 1960's

In 1974 at the age of 12 my tuberculosis screening came back positive. After further screening it was determined that I had the germ and I took an unknown medicine for a year. Both of my grandparents died of TB in the 1930's.

Between 1974 and 1976 I had 8 mercury amalgams placed

In 1994 I was diagnosed with meniere's syndrome. I had suffered with this for 2 years before receiving the correct diagnoses.

In 2002 I developed Bells Palsy. This condition last 8 weeks.

From 2005 until 2008 I was clinically depressed. I was given a high dose of Zoloft.

In 2010 diagnosed with sleep apnea.

Hypothyroid for 20 years.

Unable to lose weight 6' 3" and 272 pounds until I adopted a low carb diet and quickly dropped to 241 pounds.

## **2) Dental History**

Wisdom teeth removed 2005

No braces or root canal

First amalgam placed in 1974. 8 in the following 2 years.

## **3) What dental work do you currently have in place?**

3 amalgams removed in November 2014 and the remaining 5 removed in December 2014. I currently have 2 titanium post to which fake teeth are attached. all dental cleanup completed.

**4) What dentistry did your mother have at the time before or during pregnancy?**

None

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

Normal childhood vaccination of the 1960's. No flu or travel shots.

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

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**Life Extension Super Omega-3**

Supplement Facts  
Serving Size 2 softgels  
Servings Per Container 60  
Amount Per Serving  
Calories

25

Calories from Fat

25

Total Fat

2.5 g

Saturated Fat

0 g

Cholesterol

< 5 mg

Pure+™ Wild Fish Oil Concentrate

2000 mg

Yielding:

EPA (eicosapentaenoic acid)

700 mg

DHA (docosahexaenoic acid)

500 mg

Typical DPA (docosapentaenoic acid)

78 mg

Polyphen-Oil™ Olive extract (fruit and leaf) [providing 19.5 mg polyphenols, 5.2 mg hydroxytyrosol/tyrosol, 4.4 mg verbascoside/oleuropein]

300 mg

Sesame seed lignan extract

10 mg

Other ingredients: highly refined fish oil concentrate (anchovy, mackerel), gelatin, glycerin, purified water, silica, maltodextrin, caramel color, sunflower lecithin, mixed tocopherols, rosemary extract.

## **Life Extension Optimized Resveratrol**

### Amount Per Serving

Trans-Resveratrol [from Japanese knotweed (root)] [also supplying glycosides (polydatin)]

250 mg

Red Grape (Full Spectrum French Red Wine Polyphenol Profile), Wild Blueberry blend [supplying polyphenols, anthocyanins, OPCs, free resveratrol, resveratrol conjugates (epsilon-viniferin, trans and cis-polydatin), and resveratrol analogs (pterostilbene)]

85 mg

Quercetin (as quercetin dihydrate)

60 mg

Trans-Pterostilbene (from pTeroPure®)

0.5 mg

Fisetin [from (Rhus succedanea) extract (stem)]

10 mg

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, silica, vegetable stearate.

## **Life Extension Super Bio-Curcumin**

### Amount Per Serving

BCM-95® Bio-Curcumin® turmeric 25:1 extract (root) [std. to 95% Total Curcuminoids Complex with Essential Oils of Turmeric Rhizome by HPLC (380 mg)]

400 mg

Other ingredients: vegetable cellulose (capsule), rice flour, vegetable stearate, silica.

## **Life Extension Super Ubiquinol CoQ10**

Amount Per Serving

Calories

5

Calories from Fat

5

Total Fat

0.5 g

Ubiquinol (as Kaneka QH Ubiquinol®)

100 mg

PrimaVie® Shilajit fulvic acid complex

100 mg

Other ingredients: sunflower oil, gelatin, glycerin, purified water, beeswax, caramel color.

## **Life Extension Super Absorbable Tocotrienols**

Amount Per Serving

Vitamin E (as naturally occurring D-alpha tocopherol from Tocomin® SupraBio™)

20 IU

Tocomin® SupraBio™ (providing 50 mg mixed tocotrienols)

263 mg

Other ingredients: palm oil, gelatin, glyceryl caprylate/caprate, glycerin, purified water, polysorbate 80, caramel color.

## **Life Extension Vitamin D3**

Amount Per Serving

Vitamin D3 (as Cholecalciferol)

5,000 IU

Other ingredients: extra virgin olive oil, medium chain triglycerides, gelatin, glycerin, purified water, rosemary extract.

## **Twinlab Tri-Boron**

Boron 3 mg

## **Carlson Vitamin K2**

Vitamin K2 5 mg

## **Metoprolol (blood pressure)**

25 mg

## **Atorvastatin (cholesterol)**

20 mg

## **Alprazolam (xanax)**

1 mg

## **Life Extension Multi Vitamin**



## Amount Per Serving

Vitamin A (as Betatene®1 natural beta-carotene from dunaliella and acetate)

5000 IU

Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, acerola extract)

2000 mg

Vitamin D3 (as cholecalciferol)

2000 IU

Vitamin E (as D-alpha tocopheryl succinate and D-alpha tocopherol)

100 IU

Thiamine (vitamin B1) (as thiamine HCl)

125 mg

Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)

50 mg

Niacin (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)

190 mg

Vitamin B6 [as pyridoxal 5'-phosphate (100 mg) and pyridoxine HCl (5 mg)]

105 mg

Folate [from lemon extract (peel)]

400 mcg

Vitamin B12 (as methylcobalamin)

600 mcg

Biotin

3000 mcg

Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)

600 mg

Calcium (as Ca ascorbate, D-calcium pantothenate, Ca D-glucarate)

218 mg

Iodine (as potassium iodide)

150 mcg

Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)

400 mg

Zinc (as zinc citrate, OptiZinc®3 zinc monomethionine)

35 mg

Selenium [as 50% Se-Methyl L-Selenocysteine, 25% L-selenomethionine (yeast free) (SelenoPure™4), 25% sodium selenite]

200 mcg

Copper (as TRAACS®12 copper bisglycinate chelate)

1 mg

Manganese (as manganese gluconate)

1 mg

Chromium [as Crominex®5 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit]

500 mcg

Molybdenum (as sodium molybdate)

125 mcg

Potassium (as potassium chloride)

37.4 mg

N-Acetyl-L-cysteine (NAC)

600 mg

Taurine

200 mg

Inositol

250 mg

Phosphatidylcholine (from soy)

150 mg

Choline (as choline bitartrate)

120 mg

Boron (as Albion®12 bororganic glycine)

3 mg

Trimethylglycine (TMG) (as betaine anhydrous)

100 mg

Citrus bioflavonoid complex bitter orange (peel and fruit)

[std. to 50% hesperidin (100 mg)]

200 mg

Broccoli concentrate blend [broccoli extracts (plant and sprout), calcium D-glucarate (providing glucosinolates, sulforaphane)]

725 mg

Decaffeinated green tea extract (leaf) [standardized to

45% epigallocatechin gallate (EGCG) (146.25 mg)]

325 mg

Acerola extract 4:1 (berry)

300 mg

Fruit/berry complex (proprietary blend of blackberry, blueberry, cherry, cranberry, elderberry, persimmon, prune powders)

200 mg

Wild blueberry anthocyanin extract (fruit)

150 mg

Milk thistle extract (seeds) [std. to 85% silymarin (85 mg)]

100 mg

Maqui berry (*Aristotelia chilensis*) anthocyanin extract  
(fruit)

100 mg

CherryPure®13 tart cherry (*Prunus cerasus*)  
proanthocyanidin extract (skin)

85 mg

POMELLA®9 pomegranate extract (fruit) [std. to 30%  
punicalagins (25.5 mg)]

85 mg

Natural mixed tocopherols (providing gamma, delta, alpha,  
beta tocopherols)

60 mg

MirtoSelect®11 bilberry extract (fruit)

30 mg

Leucoselect®6 grape seed proanthocyanidin extract

25 mg

BioVin®7 grape proanthocyanidin extract (whole grapes)

25 mg

Bromelain (from pineapple) (stem) (2400 gelatin digestive  
units/gram)

15 mg

Delphinidins [from Delphinol®2 maqui berry (*Aristotelia  
chilensis*) extract]

2 mg

Lutein [from marigold extract (flower)] (providing 465 mcg  
trans-zeaxanthin)

15 mg

Olive juice extract (fruit) (providing polyphenols, hydroxytyrosol, tyrosol and oleuropein)

12.5 mg

Sesame seed lignan extract

10 mg

Luteolin [from orange extract (fruit)]

8 mg

Lycopene [from Tomat-O-Red®8 natural tomato extract (fruit)]

3 mg

Cyanidin-3-glucoside (C3G) [from black currant extract (fruit)]

1.25 mg

trans-Pterostilbene (from pTeroPure®10)

0.5 mg

NIAGEN®10 Nicotinamide Riboside

2 mg

Other ingredients: gelatin, microcrystalline cellulose, silica, vegetable stearate, medium chain triglycerides, maltodextrin.

## **Nature-Throid**

3 grains

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

Any wound I have heals very slow, numerous bouts of cellulitis and sciatica.

**8) What is your location-city & country**

Midlothian, Virginia, United States