



SEX: Male
AGE: 37

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.0	< 7.0	
Antimony (Sb)	0.031	< 0.066	
Arsenic (As)	0.031	< 0.080	
Barium (Ba)	0.21	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.11	< 0.80	
Mercury (Hg)	1.8	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.010	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.40	< 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)	820	200- 750	
Magnesium (Mg)	46	25- 75	
Sodium (Na)	10	20- 180	
Potassium (K)	12	9- 80	
Copper (Cu)	28	11- 30	
Zinc (Zn)	200	130- 200	
Manganese (Mn)	0.10	0.08- 0.50	
Chromium (Cr)	0.40	0.40- 0.70	
Vanadium (V)	0.015	0.018- 0.065	
Molybdenum (Mo)	0.051	0.025- 0.060	
Boron (B)	1.7	0.40- 3.0	
Iodine (I)	1.0	0.25- 1.8	
Lithium (Li)	0.005	0.007- 0.020	
Phosphorus (P)	248	150- 220	
Selenium (Se)	0.71	0.70- 1.2	
Strontium (Sr)	1.2	0.30- 3.5	
Sulfur (S)	49700	44000- 50000	
Cobalt (Co)	0.005	0.004- 0.020	
Iron (Fe)	7.6	7.0- 16	
Germanium (Ge)	0.026	0.030- 0.040	
Rubidium (Rb)	0.019	0.011- 0.12	
Zirconium (Zr)	0.022	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/25/2015		Ca/Mg	17.8
Date Received: 04/13/2015		Ca/P	3.31
Date Completed: 04/16/2015		Na/K	0.833
Methodology: ICP/MS		Zn/Cu	7.14
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Black	Treatment:		
Shampoo:			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1081

1. What are your current symptoms and health history?

fatigue, constant headaches, joint pain and stiffness, upper back and neck stiffness, dizziness, poor memory, poor concentration, can't focus on complicated stuff at work(used to be very easy), emotional imbalance, get angry very quickly, low libido, social anxiety started a year ago, poor sleeping (i wake up every 2-3 hours with slight anxiety) intolerance to gluten, dairy and wine started almost a year ago, yeast overgrowth 9 months ago. i have been always sensitive to parfumes and fumes since childhood. my amalgam removed 6 months ago and i felt extremely good until 3 months and then symptoms kicked in again. extreme thiol sensitivity (i realized this after reading AI)

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

i had a very big amalgam 20 years. it was removed 6 months ago by iamot/holistic dentist. no root canals or braces. i had one tooth removed 15 years ago.

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

no metal filings or root canals right now.

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

she had 2 amalgam filings

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

i had all the vaccinations while growing up. i had flu shots between 2005-2010 every year. i had hepatitis, yellow fever and more shots before i went to amazon 4 and a half years ago. my symptoms mostly started after that especially fatigue

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

i had one round of 72 hours 25mg dmsa cutler protocol to test my symptoms. i was taking vitc 1g 4 times a day, vit e 400iu 3 times a day, mg 200mg 4 times a day, 25mg zinc 3 times a day, selenium 3 times a day, c0q10 125mg once a day, 1200mg molybdenum. these were taken at most 1 week before the sample not long time ago. i take 2grams fish oil and vit d longer term.

7. What is your age, height and weight?

37, male, 70kg

8. Other information you feel may be relevant?

i feel extremely good mentally and sleep better and longer when i am chelating but feeling physically tired.

i dont use shampoo, only baking soda and apple cider vinegar

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

i am in london uk now last 5 years. before that i was in new york, usa for 6 years. i was born in turkey and lived 23 years there