



SEX: Male
AGE: 50

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.4	< 7.0	
Antimony (Sb)	0.011	< 0.066	
Arsenic (As)	0.033	< 0.080	
Barium (Ba)	0.38	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.052	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.07	< 0.80	
Mercury (Hg)	0.30	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.014	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.33	< 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)	446	200- 750			
Magnesium (Mg)	55	25- 75			
Sodium (Na)	17	20- 180			
Potassium (K)	9	9- 80			
Copper (Cu)	12	11- 30			
Zinc (Zn)	200	130- 200			
Manganese (Mn)	0.07	0.08- 0.50			
Chromium (Cr)	0.35	0.40- 0.70			
Vanadium (V)	0.017	0.018- 0.065			
Molybdenum (Mo)	0.029	0.025- 0.060			
Boron (B)	0.59	0.40- 3.0			
Iodine (I)	0.57	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	222	150- 220			
Selenium (Se)	0.89	0.70- 1.2			
Strontium (Sr)	1.1	0.30- 3.5			
Sulfur (S)	47800	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	6.6	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.013	0.011- 0.12			
Zirconium (Zr)	0.32	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/24/2015		Ca/Mg	8.11
Date Received: 04/27/2015		Ca/P	2.01
Date Completed: 04/30/2015		Na/K	1.89
Methodology: ICP/MS		Zn/Cu	16.7
Sample Size: 0.197 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Brown			
Treatment:			
Shampoo: Garnier Fructis			
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Hair Test 1092

- **What are your current symptoms and health history? Extreme** anxiety, inability to work, extreme adrenal fatigue, depression, migraine headaches, insomnia (helped by zinc monomethionine at night). Inability to concentrate, focus, or make decisions especially when it comes to work and career. On numerous SSRIs, SNRIs, mood stabilizers, and even antipsychotics, but they don't give me relief or the side effects too numerous to deal with. Been off SSRI since April 2014 (last took Paxil). Benzos (xanax, ativan) work good, but make me sleepy during the day. Lots of food sensitivities, dairy, recent allergy test for sesame.
- **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** Wisdom teeth removed in early 20's. Did not have braces, but very cooked lower teeth. Do not remember my first amalgam, possibly in my teens.
- **What dental work do you currently have in place? What part of the dental clean-up have you completed?** Numerous crowns and fillings and several root canals. Have not had any clean-up work as of yet.
- **What dentistry did your mother have at any time before or during pregnancy?** Unknown, but she now has dentures and always had poor dental health with lots of fillings, crowns, etc.
- **What vaccinations have you had and when (including flu and especially travel shots)?** flu shots up until about 4-5 years ago, normal shots as a child.
- **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** Been on pyrroluria protocol of zinc, P5P, evening primrose oil, Vitamin C, Vitamin B12 magnesium. Had also tried molybdenum, manganese in months prior to hair test. Just recently started (last week) Vitamin A, B1, B2, selenomethionine, and chromium polynicotinate.

I've tried the following and either did well or neutral:

Evening Primrose Oil, Gaba, Seriphos, P5P, Lithium Orotate (up to 30mg elemental a day), Chlorella, Manganese, Molybdenum, lOrnithine, B Minus, Yasko All-in-one, DHEA, Melatonin, l-Lysine, Essential Digestive Enzymes, Sumatriptan (migraine), Vitamin C, Biotin, Vitamin D3 (1000IU), OptiZinc, Zinc Picolinate, Pregnenolone, Valerian Root, Natural Calm Magnesium, Niacinamide, Pantothenic Acid, iodine drops (Lugol's 2%), Chromium Picolinate., Candida Support

Things I did NOT do well on:
NAC (felt flulike symptoms), Turmeric w/Meriva (wired), Methyl
Protect, 5-MTHF, MB12, TMG(SEVERE insomnia and anxiety,
migraines), L-Tryptophan (wired),

What is your age, height and weight? 50 yrs old, 5'10", 155 pounds

Other information you feel may be relevant? I'm severely pyroluric! My
test score came back as 88.

**What is your location – city & country (so that we can learn where
certain toxins are more prevalent).** Lafayette, Colorado USA (Denver Metro
area)

Thank you for reading my hair analysis. My zinc plasma was 85, my copper
serum was 70 (Low), and my whole blood histamine was 46 (all tested via
Direct Access Labs).