



HAIR TEST: 1174
SEX: Male
AGE: 36

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.7	< 7.0	
Antimony (Sb)	0.016	< 0.066	
Arsenic (As)	0.050	< 0.080	
Barium (Ba)	0.34	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.06	< 0.80	
Mercury (Hg)	0.19	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.11	< 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)	291	200- 750			
Magnesium (Mg)	32	25- 75			
Sodium (Na)	29	20- 180			
Potassium (K)	7	9- 80			
Copper (Cu)	11	11- 30			
Zinc (Zn)	190	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.47	0.40- 0.70			
Vanadium (V)	0.022	0.018- 0.065			
Molybdenum (Mo)	0.030	0.025- 0.060			
Boron (B)	0.67	0.40- 3.0			
Iodine (I)	0.67	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	172	150- 220			
Selenium (Se)	0.81	0.70- 1.2			
Strontium (Sr)	0.75	0.30- 3.5			
Sulfur (S)	46500	44000- 50000			
Cobalt (Co)	0.002	0.004- 0.020			
Iron (Fe)	8.9	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.007	0.011- 0.12			
Zirconium (Zr)	0.030	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 02/12/2016	Sample Size: 0.201 g	Ca/Mg	9.09	4- 30
Date Received: 02/22/2016	Sample Type: Head	Ca/P	1.69	0.8- 8
Date Completed: 02/25/2016	Hair Color: Brown	Na/K	4.14	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	17.3	4- 20
	Shampoo: Suave	Zn/Cd	> 999	> 800

Health history for hair test 1174

1. **What are your current symptoms and health history?** Difficulty healing old back/musculoskeletal injury. Muscle spasms. Some day to day lethargy, although endurance with athletics is good. Depression. Social anxiety at times. Difficulty with concentration, although I have had ADD since childhood. I had a low total testosterone blood test (280ish) 3 years ago. Overall I've felt like I've been relatively healthy most of my life, but realize I may have just gotten used to feeling I certain way that I assume is normal, but may in fact not be.
2. **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** Wisdom teeth removed December 1997. No other extractions or root canals. Had braces 3ish years as adolescent. Had 10+amalgams placed in July 2009, still in place. I believe that was my first amalgam all at once.
3. **What dental work do you currently have in place?** 10+ amalgams in back teeth. What part of the dental clean-up have you completed? I had one amalgam removed about 3 years ago with no precautions. I hope to have the rest removed soon.
4. **What dentistry did your mother have at any time before or during pregnancy?** Unknown. Adopted child, closed adoption.
5. **What vaccinations have you had and when (including flu and especially travel shots)?** All the recommended vaccinations, with yearly flu shot most years as an adult. I work in healthcare and have been required to stay current.
6. **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** Quillivant XR 5mg/ml, 12 ml daily. Nutrient 950 without Cu and Fe 6 capsules daily. Fish oil 1 gram. Adrenal cortex (bovine) 150 mg. Zinc citrate 50mg. Vitamin D3 5000 IU.
7. **What is your age, height and weight?** 36, 5'10", 170
8. **Other information you feel may be relevant?** I am awaiting results on standard bloodwork as well as RBC elements. Also planning for lab work on stool and urine. Have spent significant time in an OR setting exposed to radiation from fluoroscopy on occasion.
9. **What is your location – city & country (so that we can learn where certain toxins are more prevalent).** Salt Lake City, Ut USA. Have also lived for long periods (years) in Des Moines, Iowa, Winter Haven, FL, and Southern Nevada.