



HAIR TEST 1190

SEX: Male

AGE: 31

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminium (Al)	3.3	< 7.0	
Antimony (Sb)	0.064	< 0.066	
Arsenic (As)	0.11	< 0.080	
Barium (Ba)	0.05	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.14	< 0.80	
Mercury (Hg)	0.32	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.07	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.08	< 0.30	
Titanium (Ti)	0.42	< 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)	294	200- 750			
Magnesium (Mg)	32	25- 75			
Sodium (Na)	120	20- 180			
Potassium (K)	27	9- 80			
Copper (Cu)	12	11- 30			
Zinc (Zn)	220	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.40	0.40- 0.70			
Vanadium (V)	0.031	0.018- 0.065			
Molybdenum (Mo)	0.028	0.025- 0.060			
Boron (B)	0.73	0.40- 3.0			
Iodine (I)	0.23	0.25- 1.8			
Lithium (Li)	0.012	0.007- 0.020			
Phosphorus (P)	201	150- 220			
Selenium (Se)	1.1	0.70- 1.2			
Strontium (Sr)	0.28	0.30- 3.5			
Sulfur (S)	49500	44000- 50000			
Cobalt (Co)	< 0.002	0.004- 0.020			
Iron (Fe)	5.2	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.019	0.011- 0.12			
Zirconium (Zr)	< 0.007	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/07/2016		Ca/Mg	9.19
Date Received: 04/20/2016		Ca/P	1.46
Date Completed: 04/22/2016		Na/K	4.44
Methodology: ICP/MS		Zn/Cu	18.3
Sample Size: 0.204 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:		
Shampoo: Anti Dandruff			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1190

What are your current symptoms and health history?

Irritable bowel syndrome from 2013, diagnosed 2014 and under control using low-FODMAP diet. Brain fog, which started in 2008/9 and for around 2 years was alleviated by taking a multivitamin (see below for information on supplements)

Extended recovery times after high levels of exercise. E.g. sleeping for 12-15 hours the night after hiking/walking for 6 hours; also falling asleep in the afternoon after skiing all the previous day.

I wake up tired, and have done so since at least 2012.

I am sensitive to the cold. I must dress warmly or my hands and feet will get painfully cold, even indoors.

Stressful situations exhaust my energy. I am often aware of my heartbeat.

I have tinnitus, which I've had since at least 2013.

I clench my jaw at night, and have done so since at least 2012

In late 2015 I had episodes of dizziness lasting for several hours especially when experiencing stressful situations for a period of months.

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

1 amalgam placed in 2003.

2 amalgams placed in 2004.

3 amalgams placed in the years 2004-2012

1 amalgam placed in 2013.

Around 4 composite (white) fillings.

No root canals.

"train track" braces from 2000 to 2003.

Permanent brace attached to the back of my lower 4 front teeth in 2002.

No extractions.

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

I am planning dental clean-up and intend to find a suitable practitioner.

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

My mother had fillings in as many as half of her teeth, if not more, by the time she was pregnant with me. My mother had a tooth crowned while pregnant with me.

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

Yellow Fever: 2014, 2003, 1001

BCG: 1998

Tetanus and Diphtheria: 2000

Meningovac 1991, 1995

Typhoid 1, 2: 1991

Junior harvix 1, 2: 1995

Typhoid 2003

Hep B 1, 2, 3: 2003

Diphtheria, tetanus, polio: 1984, 1985, 1988

Measles 1985

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

Holland and Barrett ABC+, and rice milk fortified with calcium.

mg total	%NRV total	Item
0.691	87	Vitamin A
0.2		Beta carotene
0.01	200	Vitamin D
10	83	Vitamin E
60	75	Vitamin C
1.4	127	Thiamin (Vitamin B1)
1.6	114	Riboflavin (Vitamin B2)
18	113	Niacin
6	100	Pantothenic acid
2	143	Vitamin B6
0.001	40	Vitamin B12
0.15	200	Biotin
0.03	40	Vitamin K
402	50	Calcium
0.025	63	Chromium
2	200	Copper
0.15	100	Iodine
14	100	Iron
100	27	Magnesium
2.5	125	Manganese
0.025	50	Molybdenum
125	18	Phosphorus
40	2	Potassium
0.025	45	Selenium
15	150	Zinc
0.07		Boron
0.25		Lutein
0.3		Lycopene

What is your age, height and weight?

31, 175cm, 60kg.

Other information you feel may be relevant?

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

Southampton, U.K.