



PATIENT: Number 765
SEX: Female
AGE: 49

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.019	< 0.060	
Barium (Ba)	0.24	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.11	< 0.60	
Mercury (Hg)	0.76	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.006	< 0.060	
Nickel (Ni)	0.05	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.25	< 0.70	
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)	300	300- 1200			
Magnesium (Mg)	26	35- 120			
Sodium (Na)	14	20- 250			
Potassium (K)	4	8- 75			
Copper (Cu)	25	11- 37			
Zinc (Zn)	220	140- 220			
Manganese (Mn)	0.05	0.08- 0.60			
Chromium (Cr)	0.35	0.40- 0.65			
Vanadium (V)	0.020	0.018- 0.065			
Molybdenum (Mo)	0.026	0.020- 0.050			
Boron (B)	0.23	0.25- 1.5			
Iodine (I)	0.42	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	160	150- 220			
Selenium (Se)	0.92	0.55- 1.1			
Strontium (Sr)	0.85	0.50- 7.6			
Sulfur (S)	49400	44000- 50000			
Cobalt (Co)	0.004	0.005- 0.040			
Iron (Fe)	4.5	7.0- 16			
Germanium (Ge)	0.022	0.030- 0.040			
Rubidium (Rb)	0.003	0.007- 0.096			
Zirconium (Zr)	0.016	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/31/2013		Ca/Mg	11.5
Date Received: 04/04/2013		Ca/P	1.88
Date Completed: 04/05/2013		Na/K	3.5
Methodology: ICP/MS		Zn/Cu	8.8
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Jason Danruff			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

1. What are your current symptoms and health history?

Obsessive thinking, anxiety, insomnia, fear, panic, brain fog, inability to make a decision, always second guessing myself. These symptoms all took a dramatic shift for the worse about 2 years ago.

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

All 4 wisdom teeth were impacted. Removed at the same time – age 18. Molar extracted as a child, metal “spacer” put in till adult tooth grew in. Two extra baby teeth, one extra tooth. Gum surgery in 2002. Amalgam fillings replaced in 2005. Braces in elementary school; currently have invisalign braces

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

See answer to #2.

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

Had mercury filling removed and gold crown put on when I was an infant, not sure if she was still nursing.

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

Normal childhood vaccinations; MMR booster (1991); Hepatitis B (2000); 3 part tetanus while living in Mexico (1993); recent tetanus (5/2012)

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

1500 mg Tryptophan at night (switched from 150 mg 5-HTP to 1500 mg of tryptophan in Nov., continued taking Tryptophan till March 18), 50 mg Vit B6 (took w/5-HTP, then with tryptophan for short while), Klonopin (tapered off from ¼ mg to 0 mg during month of Nov. 2012); ¾ t fermented cod liver oil, ¼ t. butter oil, 2000 mg Premeir Research Vit D, 2 mg Vit K in the morning; 2 caps Premier Research Tranquinol 1x at night (stopped taking beginning of Feb.), 1000 mg Vit. C occasionally, as needed; 1000 mg Taurine 3x/day; 5 sprays zeolite 1x/day; 5 supplements prescribed by analytic research lab (ARL) see below

7. What is your age, height and weight?

49 years old; 5'2"; 104 lbs.

8. Other information you feel may be relevant?

Grew up in Montgomery County, MD (suburb of Washington, DC); lived in Philadelphia, PA (1986 – 1992); lived in San Luis Potosí, Mexico (1992 – 1999), have been living in Bethesda, MD since returning from Mexico in 1999

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

Bethesda, MD

ARL Supplements:

MEGAPAN (1 tab, 3x/day)

Megapan is a multiple vitamin-mineral product. Megapan stresses those nutrients which correlate well with those effecting one's metabolic rate. These nutrients include the B-complex, particularly B1, B3, B5 and B6. Other important nutrients in Mega-Pan are vitamin C, vitamin E, manganese, zinc and chromium. Other nutrients are present in trace quantities.

One Tablet Contains

	Amount Per Serving	% Daily Value
Vitamin A (fish liver oil from cod)	1000 IU	20%
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D3 (as Cholecalciferol)	50 IU	12%
Vitamin E (as d-alpha tocopherol acid succinate)	40 IU	133%
Thiamin (as thiamine hydrochloride)	20 mg	1333%
Riboflavin	4 mg	235%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin concentrate)	50 mcg	833%
Biotin	10 mcg	3%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Iodine (from kelp)	115 mcg	77%
Magnesium (from magnesium hydrolyzed rice protein chelate)	30 mg	8%
Zinc (from zinc hydrolyzed rice protein chelate)	2 mg	13%
Selenium (from L-selenomethionine)	50 mcg	72%
Manganese (from manganese hydrolyzed rice protein chelate)	2 mg	100%
Chromium (from chromium hydrolyzed rice protein chelate)	200 mcg	167%
Potassium (from potassium hydrolyzed rice protein chelate)	30 mg	<1%

para-Aminobenzoic Acid (PABA)	20 mg	*
Inositol	20 mg	*
Proprietary Blend (Pectin, Bioflavonoids)	20 mg	*

ENDO-DREN (1 tab, 3x/day)

Endo-Dren contains bovine adrenal nucleoprotein together with vital synergistic nutrients to aid in restoring normal adrenal response. Glandular products contain polypeptides, enzymes, and nucleoproteins which have been shown to enhance glandular function.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Pantothenic Acid (from calcium pantothenate)	100 mg	1000%
Calcium (from calcium carbonate)	26 mg	2%
Zinc (from zinc hydrolyzed rice protein chelate)	1.25 mg	8%
Manganese (from manganese hydrolyzed rice protein chelate)	1 mg	50%
Potassium (from potassium hydrolyzed rice protein chelate)	25 mg	<1%
Bovine Adrenal Substance	100 mg	*
Bovine Liver Substance	45 mg	*
Betaine Hydrochloride	25 mg	*

The glands are low temperature processed.

PARAMIN (1 tab, 3x/day)

Paramin is formulated to provide the necessary balance of calcium and magnesium. Paramin provides these essential elements in a very well absorbed form including calcium and magnesium citrate and chelate. This product also contains supportive nutrients including boron and a trace of copper to enhance the absorption and utilization of these essential minerals.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Calcium (from calcium hydrolyzed rice protein chelate and calcium citrate)	250 mg	25%
Magnesium (from magnesium hydrolyzed rice protein chelate and magnesium citrate)	150 mg	37%
Vitamin D3 (as cholecalciferol)	133 IU	33%
Boron (from boron glycinate chelate)	500 mcg	*

LIMCOMIN (2 tab, 3x/day)

Limcomin is a multi-nutrient formula.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Vitamin A (from fish liver oil)	750 IU	15%
Vitamin C (as ascorbic acid)	50 mg	83%

Vitamin B6 (from pyridoxine hydrochloride)	10 mg	500%
Calcium (from calcium carbonate)	34 mg	3%
Magnesium (from magnesium hydrolyzed rice protein chelate)	20 mg	5%
Copper (from copper hydrolyzed rice protein chelate)	0.75 mg	37%
Zinc (from zinc hydrolyzed rice protein chelate)	8 mg	53%
Manganese (from manganese hydrolyzed rice protein chelate)	5 mg	250%

BETAINE HCL AND PEPSIN (1 tab, 3x/day)

Betaine HCL and Pepsin contains specific nutrients required for digestion of protein in the stomach. Hydrochloric acid is necessary to activate pepsin, the major proteolytic enzyme in the stomach. Without adequate hydrochloric acid and pepsin, protein digestion is impaired. Poor protein digestion can result in food allergies, flatulence and inadequate absorption of peptides and amino acids from the intestinal tract.

One Tablet Contains:

	Amount Per Serving	% Daily Value
Thiamin (as thiamine hydrochloride)	5 mg	333%
Niacin	15 mg	75%
Vitamin B6 (as pyridoxine hydrochloride)	1.5 mg	75%
Betaine Hydrochloride	324 mg	*
Pepsin N.F.	135 mg	*