

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE
			68 th 95 th
Aluminum (Al)	2.6	< 12	A1298C cap
Antimony (Sb)	< 0.01	< 0.080	
Arsenic (As)	0.099	< 0.12	PS/PE/PC + DHA
Barium (Ba)	2.3	< 1.5	+ Pot. Citrate
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	
Cadmium (Cd)	0.013	< 0.065	+ EDTA Soap
Lead (Pb)	0.31	< 1.5	+ Metal Away
Mercury (Hg)	0.36	< 0.80	+ GSH
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.27	< 0.060	
Nickel (Ni)	0.22	< 0.40	
Silver (Ag)	< 0.006	< 0.10	+ SHMT
Tin (Sn)	0.03	< 0.30	Support
Titanium (Ti)	0.18	< 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)	1130	375- 1100	
Magnesium (Mg)	140	40- 140	ATP of Mitoford Inc. Magnaste
Sodium (Na)	350	60- 400	
Potassium (K)	240	28- 160	
Copper (Cu)	13	11- 32	
Zinc (Zn)	150	120- 200	Zinc lozenges
Manganese (Mn)	0.12	0.15- 0.65	glucachord plus
Chromium (Cr)	0.36	0.40- 0.70	
Vanadium (V)	0.024	0.018- 0.065	
Molybdenum (Mo)	0.038	0.040- 0.080	Black Bear
Boron (B)	2.7	0.40- 2.5	sparkle MTR cap
Iodine (I) <i>topical test</i>	0.16	0.25- 1.8	Ba Calm Sparkle
Lithium (Li)	0.025	0.008- 0.030	
Phosphorus (P)	298	200- 300	
Selenium (Se)	0.67	0.80- 1.3	
Strontium (Sr)	9.7	1.0- 6.0	Metal Away
Sulfur (S)	41000	41000- 47000	sparkle MTR cap
Cobalt (Co)	0.030	0.006- 0.035	
Iron (Fe)	12	7.0- 16	
Germanium (Ge)	0.028	0.030- 0.040	Oratoplex
Rubidium (Rb)	0.33	0.030- 0.25	at Pot. Citrate
Zirconium (Zr)	0.030	0.040- 1.0	

COMMENTS:	SPECIMEN DATA		RATIOS		
	ELEMENTS	RATIOS	RANGE		
Date Collected: 05/14/2013	Sample Size: 0.201 g	Ca/Mg	8.07	4- 30	
Date Received: 05/17/2013	Sample Type: Pubic	Ca/P	3.79	0.8- 8	
Date Completed: 05/23/2013	Hair Color: Black	Na/K	1.46	0.5- 10	
Methodology: ICP/MS	Treatment:	Zn/Cu	11.5	4- 20	
	Shampoo: Old Spice	Zn/Cd	> 999	> 800	

1. My current symptoms include brain fog, inability to focus and concentrate at times, decreased memory, anxiety, depression, fatigue (even waking up fatigued and exhausted when my workload is especially hectic), occasional racing thoughts, and decreased ability to handle stress. Anxiety in provoking situations started to happen in middle school after I got braces. Unexplainable depression and anxiety began happening a few years ago around 2010. A few times, I had seemingly unexplainable nausea and vomiting while at work. I was born with asthma and used inhalers for it until late high school, but I have seemed to outgrow it and have not used an inhaler since.
2. I had wisdom teeth removed when I was 20. I have never had a root canal. I had braces from 13 to 17 years old. I still wear my retainers every now and then and a night guard for preventing damage from teeth grinding. My first amalgams were placed as a child on a few baby teeth, but they were either pulled out or fell out eventually. At around 18 years old, I was given 2 amalgam fillings in the back teeth. I had them removed and replaced with composites 7 years later when I was 25 in August 2012.
3. I currently have 2 composite fillings and no amalgams.
4. During pregnancy, my mother had dentures and possibly a few amalgams.
5. I have had all the normal childhood vaccinations. I also had the TDAP vaccine in 2012.
6. Supplements:
 - Magnesium citrate 300 mg 2x/day
 - Calcium citrate 250 mg every now and then
 - Vitamin C 1000 mg 2x/day
 - Vitamin D3 1000 to 2000 IU/day
 - Vitamin E 400 IU/day
 - Molecularly distilled fish oil 1 to 2 capsules/day
 - Molybdenum amino acid chelate 250 mcg/day
 - Siberian Ginseng 1 to 3 capsules/day
 - Nettle Leaf capsule once a day
 - Thorne Research B-complex 1 to 3x/day
 - 10-undecenoic acid 2 capsules (100 mg) with almost every meal (3 or more times a day)
 - Milk Thistle one capsule (150 mg) 1 to 2x/day
 - Ashwagandha one capsule (225 mg) 1 to 3x/day
7. Age: 26
Height: 5 feet 7 inches
Weight: 135 lbs

8. Starting in 2008, I was taking a lot of protein supplements (from Optimum Nutrition and NOW Foods) because I started to lift weights. Now I hear that protein powders can have metals such as arsenic, cadmium, and lead. Around that time, I also started to eat tuna sandwiches often, maybe around 3 times or more per week. I stopped taking protein powders in 2012 and rarely eat tuna now. Also, I have been grinding my teeth during my sleep ever since I was a child. I noticed on my old night guard that there were grey markings on the areas where my amalgams used to be, showing that I would grind away at those amalgams in my sleep while they were still there.
9. I live in Los Angeles, CA.