



PATIENT: Number 888  
 SEX: Male  
 AGE: 30

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.6	< 7.0	
Antimony (Sb)	0.010	< 0.066	
Arsenic (As)	0.055	< 0.080	
Barium (Ba)	0.05	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.011	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.23	< 0.80	
Mercury (Hg)	0.17	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.016	< 0.060	
Nickel (Ni)	0.03	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.33	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS							
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium (Ca)	214	200- 750					
Magnesium (Mg)	16	25- 75					
Sodium (Na)	14	20- 180					
Potassium (K)	10	9- 80					
Copper (Cu)	13	11- 30					
Zinc (Zn)	260	130- 200					
Manganese (Mn)	0.05	0.08- 0.50					
Chromium (Cr)	0.37	0.40- 0.70					
Vanadium (V)	0.029	0.018- 0.065					
Molybdenum (Mo)	0.022	0.025- 0.060					
Boron (B)	0.42	0.40- 3.0					
Iodine (I)	0.29	0.25- 1.8					
Lithium (Li)	< 0.004	0.007- 0.020					
Phosphorus (P)	151	150- 220					
Selenium (Se)	0.69	0.70- 1.2					
Strontium (Sr)	0.10	0.30- 3.5					
Sulfur (S)	46700	44000- 50000					
Cobalt (Co)	0.002	0.004- 0.020					
Iron (Fe)	6.3	7.0- 16					
Germanium (Ge)	0.032	0.030- 0.040					
Rubidium (Rb)	0.008	0.011- 0.12					
Zirconium (Zr)	0.010	0.020- 0.44					

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 11/10/2013	Sample Size: 0.199 g	Ca/Mg	13.4	4- 30
Date Received: 11/18/2013	Sample Type: Head	Ca/P	1.42	0.8- 8
Date Completed: 11/20/2013	Hair Color: Brown	Na/K	1.4	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	20	4- 20
	Shampoo: Hs	Zn/Cd	> 999	> 800



HAIR TEST 888 follow-up  
 SEX: Male  
 AGE: 32

*Toxic & Essential Elements; Hair*

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.9	< 7.0	
Antimony (Sb)	0.014	< 0.066	
Arsenic (As)	0.046	< 0.080	
Barium (Ba)	0.08	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.011	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.41	< 0.80	
Mercury (Hg)	0.15	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.010	< 0.060	
Nickel (Ni)	0.04	< 0.20	
Silver (Ag)	0.09	< 0.08	
Tin (Sn)	0.11	< 0.30	
Titanium (Ti)	0.38	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	220	200- 750			
Magnesium (Mg)	13	25- 75			
Sodium (Na)	30	20- 180			
Potassium (K)	30	9- 80			
Copper (Cu)	19	11- 30			
Zinc (Zn)	220	130- 200			
Manganese (Mn)	0.13	0.08- 0.50			
Chromium (Cr)	0.42	0.40- 0.70			
Vanadium (V)	0.017	0.018- 0.065			
Molybdenum (Mo)	0.033	0.025- 0.060			
Boron (B)	2.3	0.40- 3.0			
Iodine (I)	0.13	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	153	150- 220			
Selenium (Se)	0.52	0.70- 1.2			
Strontium (Sr)	0.10	0.30- 3.5			
Sulfur (S)	46900	44000- 50000			
Cobalt (Co)	0.003	0.004- 0.020			
Iron (Fe)	6.5	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.029	0.011- 0.12			
Zirconium (Zr)	0.010	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 05/18/2015	Sample Size: 0.202 g	Ca/Mg	16.9
Date Received: 06/01/2015	Sample Type: Head	Ca/P	1.44
Date Completed: 06/02/2015	Hair Color: Brown	Na/K	1
Methodology: ICP/MS	Treatment:	Zn/Cu	11.6
	Shampoo: Head Shoulders	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## Hair Test 888 follow-up

What are your current symptoms and health history?

Massive concentration problems for the past 10 years. Diagnosed with ADHD but symptoms only showed themselves after I was 15 years old which is very unusual. Gluten intolerance and possible dairy intolerance. Chelated for a whole year from January 2013 to January 2014. Have taken a 6 month break but am about to start again. I am now up to taking 25mg DMSA and 50mg ALA according to the Andy Cutler Protocol Friday to Sunday every week without serious side effects. Still feel I need a year or more to completely clean up the mercury. Have a big problem with Candida, can not eat Gluten or do any anti candida diet, since that triggers a massive Candida Die Off. I want to eliminate the candida but first... mercury!

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

I had 11 amalgam fillings from since I was a child. Got the first one when I was 8 years old.

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

I have had all 11 amalgam fillings removed, the last one went out in January 2013. Got the first one when I was 8 years old.

4. What dentistry did your mother have at any time before or during pregnancy? My mother has a lot of amalgams since before I was born but I'm unsure of how old they are.

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

I've had all the standard vaccinations that are required in Scandinavia/Europe. Not sure if they included Thimerosal.

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

Have been taking all the vitamins recommended by Andy Cutler, but have been on a break for six months. Intend to start again soon.

7. What is your age, height and weight?

32 years old. 192 cm. 72 kg. Always been too skinny. I burn too much. Candida?

8. Other information you feel may be relevant?

I've always been very skinny. Have had problems gaining weight. Have felt much better after I started eating gluten free and taking supplements. But still something feels very wrong with me. I use Head and Shoulders for my dandruff which has zinc in it, which might explain my high zinc level. I have had a hair test before, number 888. ([http://www.livingnetwork.co.za/files/hairtest\\_888.pdf](http://www.livingnetwork.co.za/files/hairtest_888.pdf)) I feel this new one has a little less toxicity than that one, I sure hope I am right (after 1 year of chelation every week =)

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

Oslo, Norway. But originally from Reykjavik, Iceland.

## Health history for hair test 888

1. **What are your current symptoms and health history?**

Massive concentration problems for the past 10 years. Diagnosed with ADHD but symptoms only showed themselves after I was 15 years old which is very unusual. Gluten intolerance and possible dairy intolerance.

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

I had 10 amalgam fillings at the start of this year. Got the first one when I was 8 years old.

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

I've had 7 amalgams removed safely by a dentist that uses the safe Hal Higgins method. The last 3 amalgams will be removed on January 23rd next year.

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

My mother has a lot of amalgams since before I was born but I'm unsure of how old they are.

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

I've had all the standard vaccinations that are required in Scandinavia/Europe. Not sure if they included Thimerosal.

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

Daily intake for the past 2-3 months:

Adrenal Cortex 50 mg.

1000 mg C-vitamin.

65 mg Vitamin E.

375 mg Magnesium.

1050 ug Vitamin A

1000 mg Primrose Oil

175 mg Milk Thistle

155 ug Selenium

650 mg Omega-3

45 mg Zinc

35 mg Vitamin-D

800 ug Folate

Multi B-Vitamin (B1, B2, B3, B5, B6, Biotin, B12)

2 mg Copper

40 ug Chrome

2 mg Mangan

Antioxidants (Granataple extract, Brokkoli extract, Garlic Extract, Blueberry Extract, Tomatoe Extract)

7. **What is your age, height and weight?**

30 years old. 192 cm. 72 kg.

8. **Other information you feel may be relevant?**

I've always been very skinny. Have had problems gaining weight. Have felt much better after I started eating gluten free and taking supplements. But still something feels very wrong with me. I use Head and Shoulders for my dandruff which has zinc in it, which might explain my high zinc level.

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

Oslo, Norway. But originally from Reykjavik, Iceland.