



SEX: Male  
AGE: 43

**Toxic & Essential Elements; Hair**

| TOXIC METALS               |                |                       |   |
|----------------------------|----------------|-----------------------|---|
|                            | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>68 <sup>th</sup> 95 <sup>th</sup> |
| Aluminum (Al)              | 1.8            | < 7.0                 |   |
| Antimony (Sb)              | 0.022          | < 0.066               |   |
| Arsenic (As)               | 0.12           | < 0.080               |   |
| Barium (Ba)                | 0.32           | < 1.0                 |   |
| Beryllium (Be)             | < 0.01         | < 0.020               |   |
| Bismuth (Bi)               | 0.010          | < 2.0                 |   |
| Cadmium (Cd)               | 0.31           | < 0.065               |   |
| Lead (Pb)                  | 0.59           | < 0.80                |   |
| Mercury (Hg)               | 0.25           | < 0.80                |   |
| Platinum (Pt)              | < 0.003        | < 0.005               |   |
| Thallium (Tl)              | < 0.001        | < 0.002               |   |
| Thorium (Th)               | < 0.001        | < 0.002               |   |
| Uranium (U)                | 0.019          | < 0.060               |   |
| Nickel (Ni)                | 0.07           | < 0.20                |   |
| Silver (Ag)                | 0.08           | < 0.08                |   |
| Tin (Sn)                   | 0.10           | < 0.30                |   |
| Titanium (Ti)              | 0.32           | < 0.60                |   |
| Total Toxic Representation |                |                       |   |

| ESSENTIAL AND OTHER ELEMENTS |                |                       |   |  |  |
|------------------------------|----------------|-----------------------|---|--|--|
|                              | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup> |  |  |
| Calcium (Ca)                 | 223            | 200- 750              |   |  |  |
| Magnesium (Mg)               | 61             | 25- 75                |   |  |  |
| Sodium (Na)                  | 140            | 20- 180               |   |  |  |
| Potassium (K)                | 20             | 9- 80                 |   |  |  |
| Copper (Cu)                  | 14             | 11- 30                |   |  |  |
| Zinc (Zn)                    | 180            | 130- 200              |   |  |  |
| Manganese (Mn)               | 0.07           | 0.08- 0.50            |   |  |  |
| Chromium (Cr)                | 0.36           | 0.40- 0.70            |   |  |  |
| Vanadium (V)                 | 0.062          | 0.018- 0.065          |   |  |  |
| Molybdenum (Mo)              | 0.026          | 0.025- 0.060          |   |  |  |
| Boron (B)                    | 3.0            | 0.40- 3.0             |   |  |  |
| Iodine (I)                   | 1.2            | 0.25- 1.8             |   |  |  |
| Lithium (Li)                 | 0.004          | 0.007- 0.020          |   |  |  |
| Phosphorus (P)               | 137            | 150- 220              |   |  |  |
| Selenium (Se)                | 0.80           | 0.70- 1.2             |   |  |  |
| Strontium (Sr)               | 1.2            | 0.30- 3.5             |   |  |  |
| Sulfur (S)                   | 49300          | 44000- 50000          |   |  |  |
| Cobalt (Co)                  | 0.002          | 0.004- 0.020          |   |  |  |
| Iron (Fe)                    | 7.3            | 7.0- 16               |   |  |  |
| Germanium (Ge)               | 0.030          | 0.030- 0.040          |   |  |  |
| Rubidium (Rb)                | 0.023          | 0.011- 0.12           |   |  |  |
| Zirconium (Zr)               | 0.11           | 0.020- 0.44           |   |  |  |

| SPECIMEN DATA              |                              | RATIOS   |        |         |
|----------------------------|------------------------------|----------|--------|---------|
| <b>COMMENTS:</b>           |                              | ELEMENTS | RATIOS | RANGE   |
| Date Collected: 05/13/2014 | Sample Size: 0.197 g         | Ca/Mg    | 3.66   | 4- 30   |
| Date Received: 05/19/2014  | Sample Type: Head            | Ca/P     | 1.63   | 0.8- 8  |
| Date Completed: 05/22/2014 | Hair Color: Brown            | Na/K     | 7      | 0.5- 10 |
| Methodology: ICP/MS        | Treatment:                   | Zn/Cu    | 12.9   | 4- 20   |
|                            | Shampoo: Baking Soda Vinegar | Zn/Cd    | 581    | > 800   |

## **Health history for hair test 962**

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

tingling in hands feet, across chest, across back of head. cold hands and feet. intolerance to cold. probably brain fog but i've known nothing different. depression. fatigue. fibromyalgia symptoms, ringing in ears that comes and goes. irritability. slow so rise in the morning. slow to get momentum. low testosterone, high-ish TSH, low-ish t3.

when i look back i think the physical symptoms began around age 22. at 30 they were stopping me from working well.

my health history is pretty uneventful. no major sickness. although i feel i was sick more them similar other people. i haven't been on any drugs.

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

wisdom teeth came out when i was about 20. 4 of them. no root canals. my first amalgam was around age 4 i suspect. last around age 14. i had about 12 of them.

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

all amalgams were removed by a DAMs approved dentist about 4 years ago. my composites are Voco brand.

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

unsure.

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

nothing special i assume. but the normal vaccination schedule in the in the US. i was born in 1970.

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

vit c, d3, k2, diatomaceous earth, iodine.

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

43, 5'10", 160lbs

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

my first analysis of this hair test: i do not meet any of the counting rules or any of the other qualifiers for Hg poisoning. but maybe i won't because the Hg was out a long time ago and not in circulation now. my cadmium is brushing the red (95th percentile). that's got my attention.

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

san francisco, ca. usa