



SEX: Male  
AGE: 42

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	4.9	< 7.0	
Antimony (Sb)	0.015	< 0.066	
Arsenic (As)	0.048	< 0.080	
Barium (Ba)	0.19	< 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)	0.25	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.003	< 0.060	
Nickel (Ni)	0.09	< 0.20	
Silver (Ag)	0.03	< 0.08	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.47	< 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)	263	200- 750			
Magnesium (Mg)	30	25- 75			
Sodium (Na)	18	20- 180			
Potassium (K)	17	9- 80			
Copper (Cu)	11	11- 30			
Zinc (Zn)	200	130- 200			
Manganese (Mn)	0.06	0.08- 0.50			
Chromium (Cr)	0.34	0.40- 0.70			
Vanadium (V)	0.035	0.018- 0.065			
Molybdenum (Mo)	0.024	0.025- 0.060			
Boron (B)	3.1	0.40- 3.0			
Iodine (I)	0.16	0.25- 1.8			
Lithium (Li)	0.013	0.007- 0.020			
Phosphorus (P)	217	150- 220			
Selenium (Se)	0.89	0.70- 1.2			
Strontium (Sr)	0.59	0.30- 3.5			
Sulfur (S)	50700	44000- 50000			
Cobalt (Co)	0.010	0.004- 0.020			
Iron (Fe)	7.1	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.031	0.011- 0.12			
Zirconium (Zr)	0.45	0.020- 0.44			

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 05/07/2014	Sample Size: 0.199 g	Ca/Mg	8.77	4- 30
Date Received: 05/23/2014	Sample Type: Head	Ca/P	1.21	0.8- 8
Date Completed: 05/30/2014	Hair Color:	Na/K	1.06	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	18.2	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

## **Health history for hair test 970**

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

I have Addison's Disease (Primary Adrenal Insufficiency) and Hypothyroidism. Was diagnosed in 2009 and was on 'death's door' for a few years prior to diagnosis.

Recent issues have included Anxiety, Depression, Chronic Fatigue, Brain Fog.

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

Never had braces but have had up amalgams removed many years back without any chelation, etc. Wisdom teeth removed around 25 years ago (I'm currently 42)

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

No amalgams left in my mouth – just composite fillings. The amalgams were removed quite well for a non-biological dentists. Dental dam was used but no chelation protocol afterwards or anything like that

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

Not sure, but she has a number of cognitive/memory issues and I believe she had pretty much a mouthful of amalgam fillings when I was born. I suspect she has serious mercury/lead build up in the brain and I will be getting a hair elements test done for her soon. She has also had all her amalgams removed without using a biological dentists (ie. no chelation!)

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

Flu shot as recent as last year (there is no thimerasol in NZ flu vaccinations however). Had the 'usual' 'recommended' travel shots about ten years ago for travel to Africa. Nothing within the past decade that is travel-related.

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

Hydrocortisone – 22.5mg throughout the day

Fludrocortisone – 100mcg per day

DHEA – 37.5mg per day

Compounded Thyroid – 88mcg T4 + 1.4mcg T3 per day

Multivitamins

Vitamin C

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

42 / 170cm / 70kg

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

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

Auckland, New Zealand