



SEX: Female  
AGE: 35

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	9.9	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.034	< 0.060	
Barium (Ba)	0.34	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.044	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.19	< 0.60	
Mercury (Hg)	0.23	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.026	< 0.060	
Nickel (Ni)	0.26	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	0.47	< 0.30	
Titanium (Ti)	0.45	< 0.70	
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)	497	300- 1200			
Magnesium (Mg)	58	35- 120			
Sodium (Na)	220	20- 250			
Potassium (K)	18	8- 75			
Copper (Cu)	37	11- 37			
Zinc (Zn)	200	140- 220			
Manganese (Mn)	0.11	0.08- 0.60			
Chromium (Cr)	0.43	0.40- 0.65			
Vanadium (V)	0.11	0.018- 0.065			
Molybdenum (Mo)	0.019	0.020- 0.050			
Boron (B)	0.28	0.25- 1.5			
Iodine (I)	0.16	0.25- 1.8			
Lithium (Li)	0.008	0.007- 0.020			
Phosphorus (P)	158	150- 220			
Selenium (Se)	0.75	0.55- 1.1			
Strontium (Sr)	2.3	0.50- 7.6			
Sulfur (S)	46900	44000- 50000			
Cobalt (Co)	0.009	0.005- 0.040			
Iron (Fe)	10	7.0- 16			
Germanium (Ge)	0.039	0.030- 0.040			
Rubidium (Rb)	0.018	0.007- 0.096			
Zirconium (Zr)	0.19	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 07/08/2014		Ca/Mg	8.57
Date Received: 07/12/2014		Ca/P	3.15
Date Completed: 07/15/2014		Na/K	12.2
Methodology: ICP/MS		Zn/Cu	5.41
Sample Size: 0.196 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: BLond	Treatment:		
Shampoo: Redken			
		<b>RANGE</b>	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

## **Health history for hair test 986**

Could you please take a look at my hair test. Any additional feedback is much appreciated.

**1. Current symptoms:** weight gain, low motivation, muscle aches, hypothyroid, adrenal fatigue, low stamina, brain fog, seasonal and food allergies, hypoglycemia, estrogen dominance. These symptoms have come and gone the last 7 years since 2008; however, becoming more consistent in the last 1 1/2 years 2012. History of chronic sinusitis since childhood, hormone dysfunction, candida and allergies.

**2. Dental** - Several amalgam fillings in childhood, braces as a teenager, root canal in 2012

**3. Current Dental** - Last 4 years I've had all amalgam fillings replaced with composites. My dentist said they were leaking and fracturing my teeth. Last amalgam removed June 2014. Yay!

**4.** Mothers dental history is unknown.

**5. Vaccinations** - I had several vaccinations as a young child and several more to work in health care in 2007. Not sure of what shots

**6. Rx & Supplements the last 3-6 months** - I quit all at the end of 2013, felt like I needed to clean house for a little while. Hair Test was June 2014

**7.** Age 35, 5'9", 145 lbs

**8.** Can't think of any other info.

**9. Location** - USA - 24 years in Portland, Oregon, 3 years in Provo, Utah, 2 years in Dallas, Texas, 5 years in Medford, Oregon where I currently reside