NutriPATH
INTEGRATIVE PATHOLOGY SERVICES
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HANNAH DEYSEL
18-Jan-1999 Female

24 BEERWAH STREET
PACIFIC PINES QLD 4211

-.NICOLE CHESTER
HERB BAR
1/39 WAGAWN STREET
TUGUN QLD 4224

LAB ID : 4068184
UR NO. : 6343305
Collection Date : 06-Feb-2025
Received Date: 07-Feb-2025

4068184

Hair Mineral Analysis

Summary At A Glance

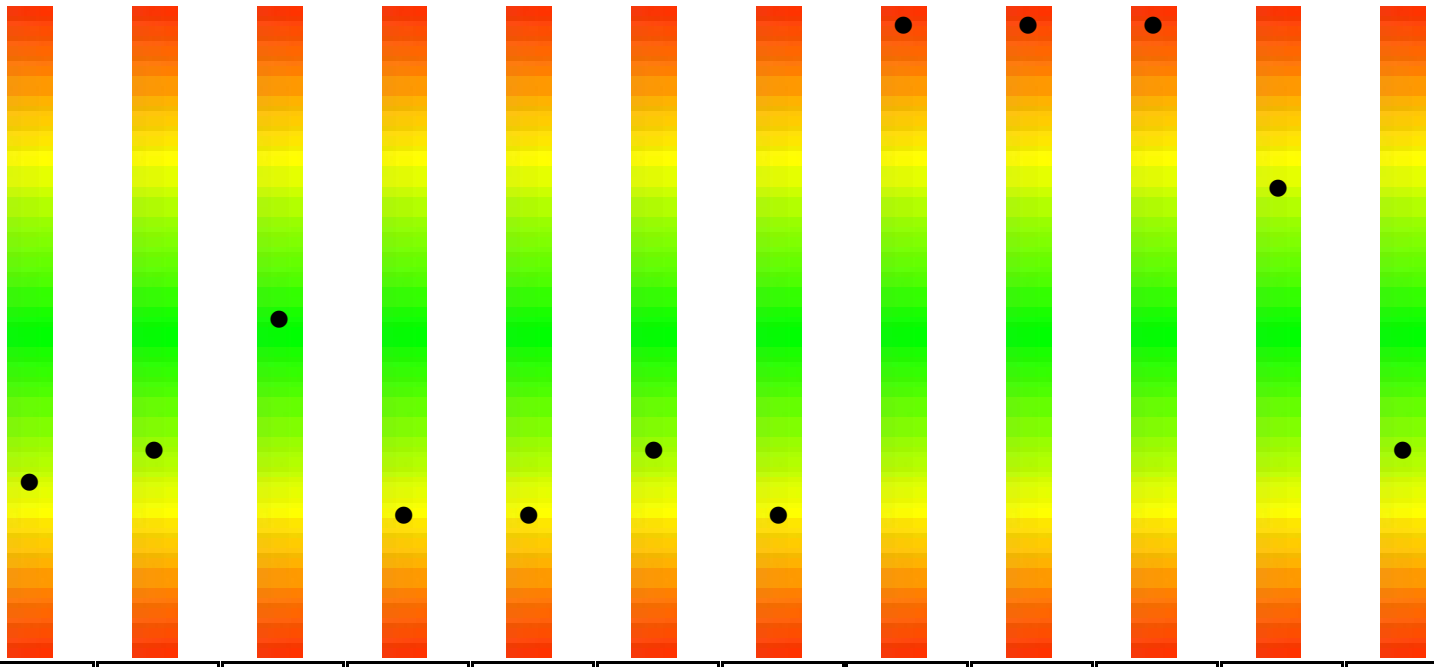
Essential Mineral Deficiency

Essential Mineral Excess

Zinc

Toxic Elements

Essential Mineral Ratios



	Ca/Cu Calcium/Copper	Ca/Fe Calcium/Iron	Ca/Mg Calcium/Magnesium	Ca/Sr Calcium/Strontium	Ca/Zn Calcium/Zinc	Fe/Cu Iron/Copper	Fe/Mn Iron/Manganese	Zn/Cr Zinc/Chromium	Zn/Cu Zinc/Copper	Zn/Fe Zinc/Iron	Zn/Mg Zinc/Magnesium	Zn/Mn Zinc/Manganese
Result	48.0	74.8	14.8	472	1.4	0.6	16.2	6523 *H	33.5 *H	52.2 *H	10.31	847
Range	5.5 - 292.0	16.1 - 293.0	4.9 - 26.1	41 - 5517	0.9 - 11.3	0.1 - 2.5	5.5 - 195.0	383 - 2254	8.2 - 13.2	10.4 - 45.4	1.09 - 12.40	142 - 3542

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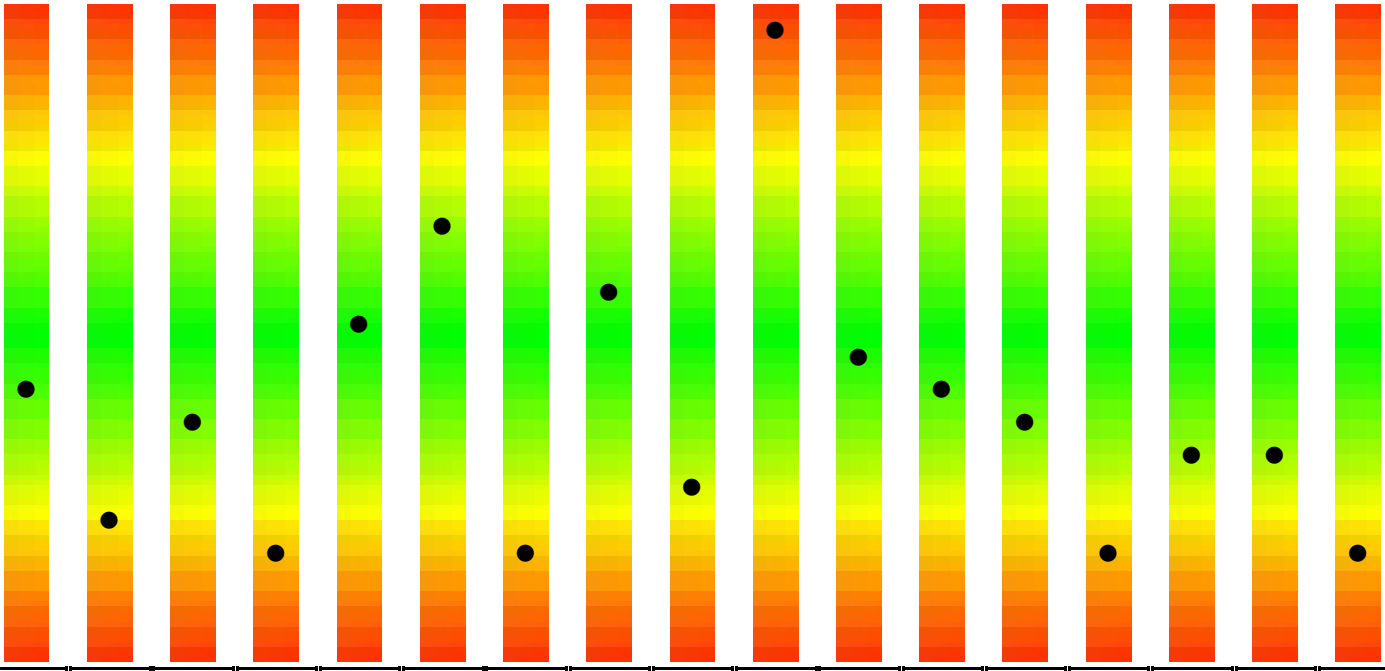
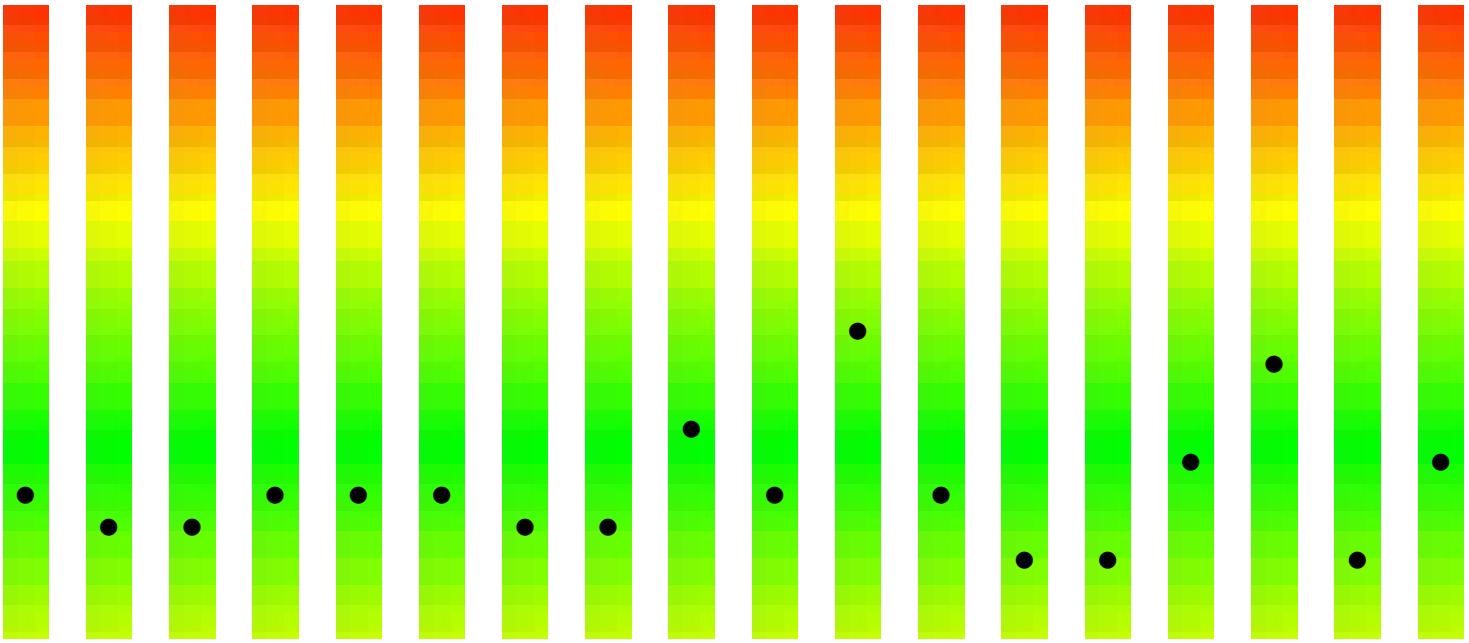
Essential Minerals



	Cr	Co	Cu	Iod	Fe	Mn	Mo	Se	Van	Zn	cal	Mg	Bor	Ger	Li	Str	Tun
	Chromium	Cobalt	Copper	Iodine	Iron	Manganese	Molybdenum	Selenium	Vanadium	Zinc	Calcium	Magnesium	Boron	Germanium	Lithium	Strontium	Tungsten
Result	0.09	0.02	17.8	0.05	11.4	0.70	0.03	1.18	0.03	596 *H	854	57.8	0.20	<DL	0.05	1.81	<DL
Range	0.02 - 0.21	< 0.30	10.0 - 41.0	0.05 - 5.00	4.6 - 17.7	0.05 - 0.92	0.03 - 1.10	0.40 - 1.70	0.01 - 0.20	150 - 272	220 - 1600	20.0 - 130.0	< 0.84	< 1.65	< 0.30	0.65 - 6.90	< 0.01

Toxic Elements



	Al	Ant	As	Bar	Be	Bis	Cd	Pb	Hg	Ni	Pd	Pt	Ag	Thal	Sn	Ti	U	Zc
	Aluminium	Antimony	Arsenic	Barium	Beryllium	Bismuth	Cadmium	Lead	Mercury	Nickel	Palladium	Platinum	Silver	Thallium	Tin	Titanium	Uranium	Zirconium
Result	1.21	0.01	0.01	0.36	0.01	0.02	0.01	0.11	0.18	0.12	0.05	0.01	<DL	<DL	0.13	0.66	<DL	0.10
Range	< 8.00	< 0.30	< 0.20	< 2.65	< 0.10	< 0.20	< 0.20	< 3.00	< 0.60	< 1.00	< 0.10	< 0.10	< 1.00	< 0.01	< 0.70	< 1.50	< 0.10	< 0.50

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Laboratory Comments

LOW COBALT LEVEL:
Cobalt is part of the Vitamin B12 molecule and is necessary for Vitamin B12 activity and function. Cobalt, which is mainly stored in the liver, activates numerous enzymes, and is excreted in bile. A low dietary intake inhibits foetal development and may reflect a low intake of Vitamin B12.
Sources:
All animal products, including all meats, fish, cheese, brewer's yeast and yeast extracts. Strict vegetarians (vegans) and those who lack intrinsic factor risk vitamin B12 and cobalt deficiency.
Symptoms:
Include pernicious anaemia.
Therapeutic Consideration:
Increase vitamin B12 intake and/or consumption of cobalt-rich foods.

LOW/LOW NORMAL MOLYBDENUM LEVEL:
Deficiency has been linked to gout. Low levels in heavy meat eaters reflect digestive disorder, the need for digestive enyzmes and dietary changes. Such patients should avoid pork, beef, whole grain and rather eat poultry, fish and other light proteins. Vegetarians should either add some meat to their diet or take molybdenum chelate with B-vitamins, which aid the absorption of molybdenum. Dietary molybdenum is readily absorbed by the intestine and is excreted in the urine and bile.
Sources:
Whole grains, legumes, leafy vegetables and organ meats. The recommended daily intake is 0,15-0,5 mg/day, depending on age and status. Acute deficiency symptoms are unknown in humans. Excess intake of copper, zinc, and sulfates can depress Mo-update, causing disturbances in the uric acid cycle. Low molybdenum levels have been associated with impotency, increased cancer susceptibility, gout, dental caries, defects in the metabolism of sulfur-containing amino acids,and asthma.

ELEVATED ZINC LEVEL:
Elevated levels of Zinc in hair is almost always an indication of a prolonged zinc deficiency.
Zinc is necessary for metabolism, RNA polymerases and CuZnSOD. Because it has a fixed outer electron valence of +2 it can inhibit many iron based free radical reactions by displacing iron from its binding site. Zinc can be toxic at high levels.

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PLEASE NOTE: Testing units are measured in PPM (parts per million). Methodology: ICP-MS