



NUTRITIONAL LAB
SERVICES

PO BOX 4233
BURWOOD EAST VIC

Lab id : **12345678**

Test Hair

Date of Birth : December 26, 1957 Sex : M

Collected : February 27, 2008

www.nlabs.com.au

Ph: (03) 9803 5335 Fax: (03) 9888 5811

INTEGRATIVE MEDICINE

HAIR	Result	Range		
Hair Mineral Analysis			ppm	
Hair Description	Grey/Blond			
Calcium (Hair)	2546.00	146.00 - 3190	ppm	
Chromium (hair)	0.75	0.13 - 1.00	ppm	
Copper (hair)	28.16	11.00 - 34.00	ppm	
Iron (Hair)	29.33	5.00 - 44.70	ppm	
Magnesium (hair)	75.32	30.00 - 122.0	ppm	
Manganese (hair)	0.58	0.25 - 0.75	ppm	
Selenium (hair)	0.97	0.48 - 1.45	ppm	
Zinc (hair)	291.00	99.00 - 450.0	ppm	
Calcium/Magnesium Ratio	33.8 *h	4.9 - 26.1	RATIO	
Zinc/Copper Ratio	10.3	8.2 - 13.2	RATIO	
Toxic Mineral Levels			ppm	
Arsenic (hair)	0.42	0.00 - 3.70	ppm	
Cadmium (hair)	0.38	0.00 - 2.70	ppm	
Lead (hair)	9.27	0.00 - 51.00	ppm	
Mercury (Hair)	3.19	0.00 - 7.60	ppm	

Hair Minerals Analysis Comments

The measured hair analysis results never reveal exactly how much to supplement when a level is abnormal. What we are measuring is the tissue (hair) saturation of each particular mineral.

When nutritionally essential elements are low or deficient, the Reference Daily Intake (RDI) levels provide guidance for supplementation. The RDI's for elements or minerals are the daily intakes recommended for essential body functions.

ELEMENT	RDI**
Calcium	1000 milligrams***
Chromium	120 micrograms
Copper	2 milligrams
Magnesium	400 milligrams
Manganese	2 milligrams
Selenium	70 micrograms
Zinc	15 Milligrams

Tests ordered: HAIR
(*) Outside reference range.

(h) Above reference range.