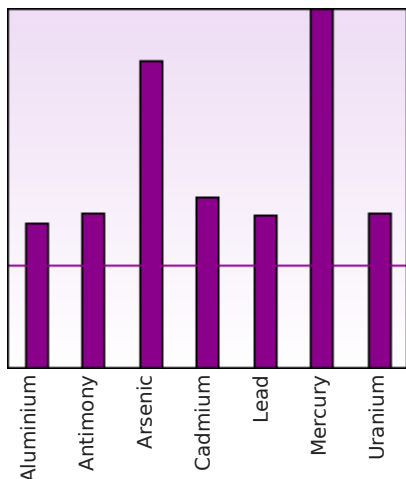


Hair Tissue Mineral Analysis

Patient SOLGAR - Patient High Toxic Load
 DOB 31-Dec-1918
 Address 322-324 Canning Highway Bicton WA
 6157 AUSTRALIA
 Practitioner SOLGAR TEST
 Collection Date 21-Sep-2017
 Report Date 21-Sep-2017



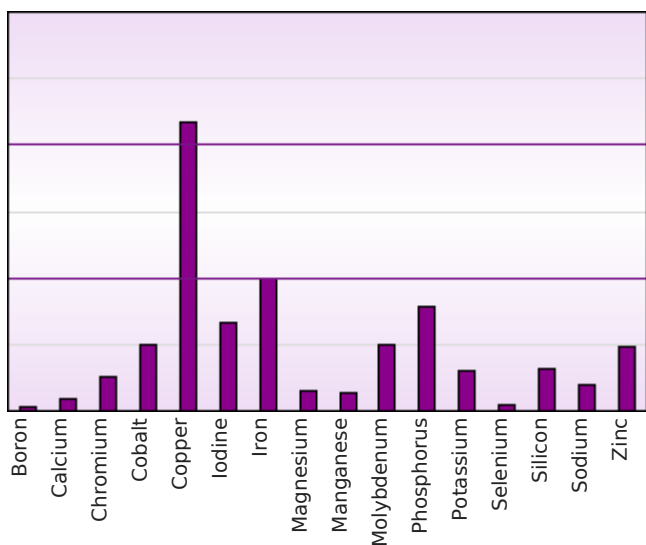
Toxic Elements



Toxic Elements

Element	Result	Reference
Aluminium	17	0 - 12
Antimony	0.3	0 - 0.2
Arsenic	0.6	0 - 0.2
Cadmium	0.2	0 - 0.12
Lead	4.9	0 - 3.3
Mercury	5	0 - 1.0
Uranium	0.3	0 - 0.2

Minerals



Minerals

Mineral	Result	Reference
Boron	0.01	0.3 - 3.5
Calcium	28	300 - 1800
Chromium	0.01	0.04 - 0.3
Cobalt	0.001	0.002 - 0.3
Copper	36	10 - 27
Iodine	0.2	0.3 - 3.5
Iron	6	6 - 14
Magnesium	3	20 - 100
Manganese	0.01	0.07 - 0.4
Molybdenum	0.01	0.02 - 0.3
Phosphorus	91	115 - 180
Potassium	3	10 - 200
Selenium	0.03	0.6 - 1.6
Silicon	22.6	70 - 550
Sodium	4	20 - 500
Zinc	70	145 - 220

Results are expressed in parts per million (ppm)
 Reference ranges and results © 2008-2017 Mediscan ABN: 4584 2507 179

Comments

The hair tissue mineral analysis has revealed excess in the following toxic elements:

- **Aluminium**
- **Antimony**
- **Arsenic**
- **Cadmium**
- **Lead**
- **Mercury**
- **Uranium**
- **Copper**

Results suggest possible malabsorption and that one should consider Healthcare Practitioner advice to exclude causes such as Helicobacter pylori, Coeliac Disease, medications that reduce stomach acid, SIBO and parasites such as Blastocystis, Giardia and Dientamoeba.

Please check your hair dye if it contains lead. Otherwise it is likely to be due to actual exposure to lead in the past or currently.

Products

Once the cause of your malabsorption has been treated or at least excluded, the following products are recommended:

SOLGAR Vitamin E 400iu (as mixed tocopherols)- 1 daily (avoid if on blood thinning medication)

SOLGAR Ester C Plus 1000mg - 1 daily

SOLGAR GLUTATHIONE VEGETABLE CAPSULES 250mg - 1 capsule daily (optional but will provide additional support)

SOLGAR Vitamin D3 2200iu - 1 daily

SOLGAR Chromium Picolinate 500mcg - 1 daily (only use if there are significant sugar cravings, insulin resistance, type 2 diabetes and/or being overweight)

SOLGAR Atlantic Kelp (Iodine) 200mcg - 2 daily (not recommended with autoimmune thyroid conditions such as Hashimoto's Disease)

SOLGAR Manganese (amino acid chelate) 8mg - 1 daily (not to be used if there is any liver or neurodegenerative disease)

SOLGAR Magnesium Citrate 200mg - 1 at night

SOLGAR Zinc Picolinate 22 mg Tablets - 1 daily

SOLGAR Selenium 100 ug Tablets (Yeast-Free Selenium) - 1 daily

SOLGAR Oceanic Silica 25mg - 2 daily

SOLGAR CHELATED MOLYBDENUM (amino acid chelate) 150mcg - 2 daily

SOLGAR Multi-Chelated Boron Vegetable Capsules 3mg - 1 daily

It is advisable to reduce/remove exposure to any of the listed heavy metals (refer to Mediscan website for likely sources).

Disclaimer

Graphs, ratios and comparisons with reference ranges are provided for convenience only and should not be considered an interpretation of results or a diagnosis.

Diagnosis and Treatment should be based on the patient's full medical history.

Nutrients are recommended for an adult and not for children, pregnant or breastfeeding women.

If any side effects develop, stop the supplement(s) and consult your Healthcare Practitioner.

Please consult Healthcare Practitioner before starting a new medication or nutritional supplement.

We recommend a follow up test after 6-8 months.

Often there is an increase in the levels of toxic elements on the initial follow up hair analyses as the body now has the nutrients to remove them out of the tissues.

It will decrease once there is very little left in the tissues of the body.

Depending on the level of exposure, it can take anywhere from 6 months to a few years to remove the toxic elements to significantly lower levels.