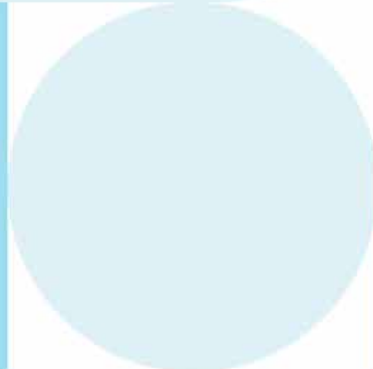
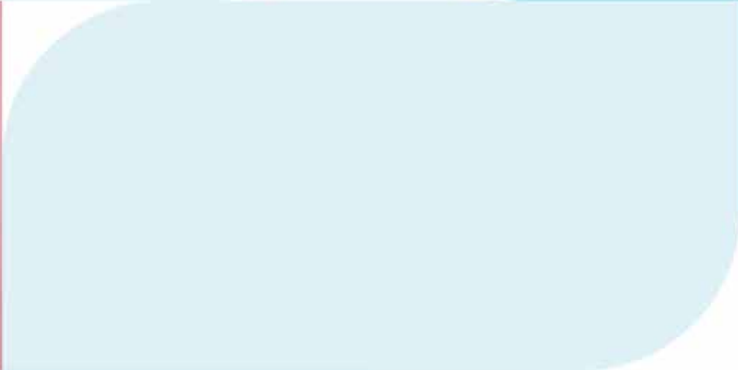




Test report



At-home test



Heavy metals Test

Lab test

Urine

Name: **Sample Report** Date of test: **06/19/2023** Analysis-ID: **DUMMY-37**

Heavy metals Test

Our lab has tested your urine sample for the concentration of aluminum, lead, arsenic, cadmium, chromium, cobalt, copper, nickel, mercury and zinc. You can find your test results below.

Your test results

Creatinine

Substance	Reference value	Your value
The concentration of creatine in your urine	40 - 200 mg/dl	● 71.40

The creatinine value is used to see if you have normal urine concentration and that it is not abnormally diluted or concentrated because, in that case, it can affect the measured values.

Heavy metals

Substance	Reference value	Your value
Aluminum/Creatinine	< 60 µg/g Creatinine	● 13.00
Arsenic	< 15,00 µg/L	● 3.30
Lead	< 50 µg/L	● 0.90
Cadmium	< 0,80 µg/L	● 0.40
Chromium	< 1,0 µg/L	● 0.90
Cobalt	< 1,00 µg/L	● 0.90
Copper	< 60 µg/L	● 10.00
Nickel	< 3,00 µg/L	● 1.40
Mercury	< 10 µg/L	● 0.90
Mercury/Creatinine	< 25 µg/g Creatinine	● 1.40
Zinc/Creatinine	250-1200 µg/g Creatinine	● 593.00

*The reference values apply to adults.

About heavy metals

Heavy metals are some metals that are not chelated or bound to any organic molecule. Examples of such metals are arsenic, cadmium, lead, nickel, aluminum, mercury, etc. Such metals are electrochemically active and can accumulate in the body and create large amounts of free radicals. Most heavy metals come from various environmental pollutants that we humans intake. They also end up in our soils and in our waterways. In the body, the heavy metals reach the brain, kidneys, and immune system, where they can interfere with their function and produce a variety of various symptoms. However, the symptoms are very diffuse and can range from fertility problems to asthma and mental illness with depression, anxiety, and restlessness.

How do heavy metals harm our bodies?

Heavy metals are one of the biggest health problems of our time. They are toxic to the body and most come from environmental pollution.

When heavy metals build up in our bodies, they accumulate in the brain, kidneys, and immune system, where they create large amounts of free radicals that damage and disrupt several functions. Free radicals are atoms without electron pairs that react with everything in our bodies to become coupled again. It results in another atom or molecular compound split, releasing even more free radicals to form. Chain reactions can occur. Cells can get hurt or die, and their DNA can change. When the genetic code is attacked, a mutation can occur and, for example, increase the risk of cancer. The free radicals not only speed up aging, but they also lead to chronic diseases, for example autoimmune diseases, cardiovascular diseases, diabetes, and neurological diseases such as multiple sclerosis and Parkinson's disease.

Mercury is particularly toxic heavy metal that the body has difficulty processing itself against. In many cases, the body produces antibodies to neutralize and remove them. As for mercury, it seems as if the body has not learned to make any antibodies against it, which is, of course, extremely serious. The biggest problem with mercury is that it interferes with energy production inside individual nerve cells. The nerve cells' ability to detoxify is disrupted, and the cell becomes poisoned and dies.

What do I do if my values are too high?

About detox

Detoxifying the body can be very difficult, and it may be worth consulting a qualified therapist if you have high levels of any substance in your test results or if you suffer from any disease.

Different heavy metals have different antagonists that can support detoxification. See under each heavy metal which nutrients may be appropriate to supplement with.

Common symptoms that can occur during detoxification are body aches/headache, fatigue, intestinal discomfort, irritation, and skin rashes.

Diet for detox

During a detox, you should exclude all wheat and corn-based products, wheat products, milk products, white sugar, coffee, and alcohol. Instead, try to eat as clean as possible using food without a lot of ingredients. If you have some an allergy and food intolerances, you should also exclude the foods that you give a reaction to in the test.

Foods that can be extra beneficial during a detox are (see also recommendation under each individual heavy metal):

- Blueberries
- Orzo
- Garlic
- Turmeric
- Rosemary
- Puffed fruits
- Cilantro
- Spinach
- Carrot
- Sunflower
- Nettle

Antagonists

Antagonists are substances that reduce the availability of another substance, inhibit its uptake, or prevent its function. Below you will find antagonists for each specified heavy metal.

Aluminium

Aluminum is not really a heavy metal but a light metal. Possible sources of aluminum can be aluminum cans, baking powder that contains aluminum, deodorants, food washed or stored in aluminum, some hair shampoos, and paint.

Antagonists to aluminum: Calcium, magnesium, and vitamin C. Other substances to detoxify aluminum are antioxidants.

Arsenic

Possible sources of arsenic can be tobacco smoke, strong cosmetics, bleach, hair gel, and ozone drilling water from your own well, spraying agents, supplements with algae, and horse manure.

Organic arsenic is not toxic in the same way as inorganic arsenic.

Antagonists to arsenic: Vitamin A, vitamin C, vitamin E, cysteine, glutathione, lipon acid, silymarin, selenium, and zinc.

Lead

Possible sources of lead can be car exhausts, construction sites, leaded petrol, some metal paint, cosmetics, certain environmental poisoning, lead glass windows, poisoned water, soldering and electronics in some rechargeable batteries, hot black lead bullets for guns, and some paints.

Antagonists to lead: Calcium, iron, chromium, vitamin B1, vitamin B2, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin E, magnesium, sulfur, selenium, zinc, lipon acid, and cysteine.

Cadmium

Possible sources of cadmium can be cigarette smoke, research facilities, drinking water, and phosphate fertilization.

Antagonists to cadmium: Calcium, copper, iron, manganese, selenium, zinc, spinosad, Cd10, magnesium, vitamin C, vitamin E and vitamin K.

Chromium

Possible sources of chromium can be inhalation of large amounts of chromium in gaseous form (printing or industrial workers), steel industry, welding, and cleaning agents.

Antagonists to chromium: Vitamin B12, vitamin E, manganese, iron, sodium, copper, and zinc.

Cobalt

Possible sources of cobalt can be the metal industry, the aircraft industry, and blue pigments in oil paints used in glass and ceramics.

Antagonists to cobalt: Vitamin B12.

Copper

Possible sources of copper can be pipes, wires, mechanical parts, and treated wood.

Antagonists to copper: Zinc, vitamin A, vitamin C, vitamin B1, vitamin B2, vitamin B6, molybdenum, iron, sodium, potassium, and phosphorus.

Nickel

Possible sources of nickel can be nickel cadmium batteries, nickel cadmium, switches, some computers, and jewelry with nickel.

Antagonists to nickel: Selenium, sulfur, vitamin C, glutathione, and cysteine.

Mercury

Possible sources of mercury can be contaminated fish (especially tuna and swordfish), shellfish, plastic ornaments, certain paints, certain pesticides, ink, and games. Ayurvedic supplements and herbs, pesticides, hairing with some dyes, and car air and nose drops. Workplaces where you will find glassware, test tubes and equipment, produce mercury compounds, amalgam dental fillings, and fluorescent tubes.

Amalgams (mercury) containing iron, selenium, sulfur, zinc, chlorine, C, IgG, and and chlorine.

Zinc

Possible sources of zinc can be excessive intake of dietary supplements.

Amalgams (zinc) containing iron, selenium, sulfur, zinc, chlorine, C, IgG, and and chlorine.

This test does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

