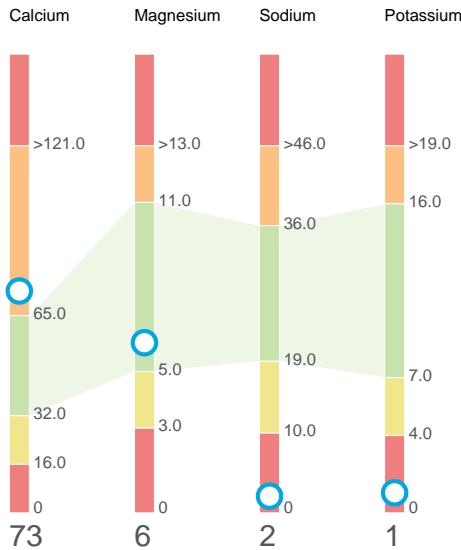


Electrolyte Minerals



Summary

Electrolyte Minerals give a look at stress and the body's response to stress over a 3 month period. The levels do not coincide with blood levels and are never cause for urgent concern. These are excreted into the hair and are not due to foods or supplements you consume.

Calcium is elevated indicating higher levels of stress. Stress at this stage could be going up or coming down depending on symptoms.

Your magnesium level is optimal. To determine if it is balanced, the ratio of calcium to magnesium will be evaluated later in this test.

Low sodium is associated with a weak response to stress and symptoms of allergies, apathy, abdominal bloating, dizziness, exhaustion, and poor digestion.

Low potassium level is often associated with stress and exhaustion and may coincide with allergies, fatigue, low blood sugar, sweet cravings, and imbalanced blood pressure.

Nutrient Minerals



Summary

When iron is low on a hair sample, there is no indication to do anything. Testing for iron should be done through your medical provider's blood testing.

Elevated copper can be associated with overwhelm, fatigue, headaches, hyperactivity, insomnia, inflammation, nausea, estrogen imbalances and allergies.

Low manganese can be due to stress and poor intake and can be associated with fatigue, overwhelm, apathy, allergies and weakness.

Zinc is high indicating excess loss into the hair and is associated with low mood, and nausea and immune system imbalance. It can also be due to anti-dandruff shampoos that contain zinc.

Low chromium can be due to poor intake, poor absorption, toxins and processed food. It can be associated with imbalanced blood sugar levels.

Your hair selenium is low and can be associated with stress and stress on the thyroid. The soil does not always contain the needed selenium to obtain it from our diet and replenishing stores is usually necessary.

Low phosphorus is usually due to poor digestion, lower protein intake, and lower vitamin D levels. It can be associated with fatigue, weakness and apathy.

Toxic Metals



Summary

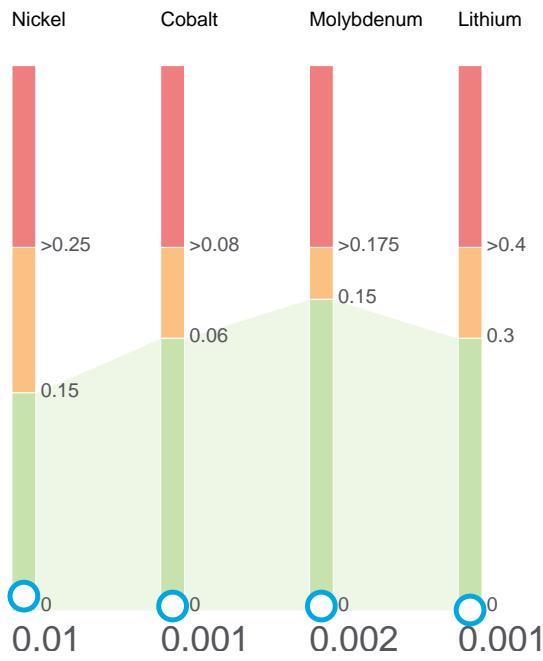
Toxic heavy metals in the hair can come from exposure inside the body as the body tries to excrete them or from contamination outside the body. If this is your first Minerals and Metals test, there are usually heavy metals present. As you work to reduce heavy metals you may find that the levels actually look increased before they decrease.

Mercury is typically from exposure in the diet, dental fillings and some drugs. It is best to limit exposure by avoiding high mercury fish and choosing those with lower levels such as anchovies, cod and wild salmon.

Arsenic is a metal in our soils and can show up in higher concentrations in our food and water supply. If you are using well water, it is especially important to test for contaminants.

Aluminum exposure includes aluminum cookware, aluminum foil, aluminum cans, anti-perspirant, drinking water, dry shampoo, bleached flour and processed cheeses. It can also be from an aluminum scissors if used to collect the sample.

Additional Minerals



Summary

The Additional Minerals are trace minerals that are usually low and are no cause for concern. They exist in such trace amounts that a low result here is considered “normal”. If all of your levels are low, rest assured, there is nothing further to do.

Mineral Ratios



Summary

Minerals work together in pairs within the body and balance each other. When one or both are out of balance, it usually results in symptoms.

Your test shows the Ca/Mg ratio is high and can indicate a relative magnesium deficiency. This may coincide with higher stress, poor sleep, and a tendency towards constipation, muscle aches and pains, muscle twitches/spasms, or sugar cravings.

Next we look at your Ca/K ratio which is elevated and may be associated with symptoms of stress, poor sleep, weight gain, cold hands and feet, lack of sweating, fatigue, dry skin and hair, or constipation.

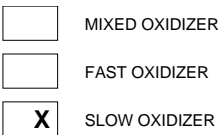
The ratio of Na/Mg is low and may result in fatigue, decreased stamina, low blood sugar, or poor digestion.

The Na/K is low and may indicate chronic stress and decreased ability to support the stress response. It may coincide with symptoms of fatigue, sugar craving, poor recovery, and an imbalanced immune system.

The Zn/Cu ratio is low and often coincides with weakened immunity, estrogen dominance, sleep difficulties, headaches, nervousness, lowered focus, allergies, or skin imbalances.

The Ca/P ratio is in the high range and may indicate a parasympathetic state. This may coincide with feeling worn out and exhausted.

Oxidizing Status



Summary

Oxidizer status is based on the ratios of Ca/K and Na/Mg and indicates a balance of stress and catabolism in the body.

Slow oxidizer status can be associated with dry skin, decreased bowel movements, decreased sweating, cravings for sweets and a tendency toward blood sugar imbalance. It usually indicates higher stress, weakened stress response, and poor digestion or depletion of minerals and vitamins. This status is also commonly associated with aging.

## Next Steps & Recommendations

### Daily Nutritional Support

Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet. [View Product](#)

### Daily Activated Multi-Vitamin (Alternative Option)

EquiLife's Daily Activated Multi-Vitamin is a high quality source of key methylated vitamins and minerals for superior absorption to restore common deficiencies. It includes a key blend of antioxidants that protect from free radicals as well as providing essential nutrients that are necessary for supporting immune health and detoxification. The Daily Activated Multi-Vitamin is not needed for those using the Daily Nutritional Support. [View Product](#)

### Daily Fruit & Vegetable Blend

Daily Fruit & Vegetable Blend is the simple way to ensure you get the benefits of 22 fruits and vegetables, plus antioxidants and rare superfoods that support optimal health. [View Product](#)

### Heavy Metal Detox

The Heavy Metal Detox combines powerful chelating agents that attach to heavy metals as well as biofilm disruptors to help scrub and eliminate heavy metals from your body. [View Product](#)

### Full Spectrum Magnesium

Full Spectrum Magnesium utilizes three unique delivery formats ensuring maximum absorption and effectiveness in the body. It is a superior source of magnesium for better bioavailability, helps the body to relax and achieve restful sleep, promotes improved mental clarity, and aids in muscle relaxation. [View Product](#)

### FM Zinc

Maintaining levels of the important mineral zinc can be difficult, as the body has no mechanism for storage. Supplementing with this highly-bioavailable formulation of zinc boosts immune function, improves metabolism, aids in digestion, and gut function. [View Product](#)

## Summary

The Minerals and Metals Test gives important information about root cause imbalances that may be keeping you from feeling your best. The following are based on your lab results and will help rebalance the body.

To help replenish the lower than optimal stores of Nutrient Minerals, incorporate a Daily Activated Multi-vitamin or Daily Nutritional Support all-in-one powder to obtain vital nutrients you appear to be low in. Additionally, you may add in Daily Fruit & Vegetable Blend for antioxidants to help support the body's energy and overall health.

Since the Heavy Metals are elevated and can be root cause imbalances leading to many symptoms, it is suggested that you complete a Heavy Metal Detox to help reduce and eliminate these toxins in the body. It is recommended that retesting be done every 6-12 months.

Given the imbalance of calcium and magnesium the best way to rebalance these levels is with supplementation. The specific formulation we suggest is Full Spectrum Magnesium. Take 1 capsule with lunch and 2 capsules with dinner for 12 weeks (or more). Remember, elevated calcium and/or magnesium in the hair does not mean you have too much, instead is a sign of higher stress output.

In order to rebalance your low ratio of zinc to copper, it is suggested to use FM Zinc by taking 1 capsule at dinner for 12 weeks. This is a formulation that contains only zinc and no copper in order to better balance the ratio between the two. Remember, levels of zinc and copper in the hair do not reflect high or low levels in the body's blood levels.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>