### Nutrient Elements

<table>
<thead>
<tr>
<th>Element</th>
<th>Results</th>
<th>Prior</th>
<th>Recommended Limit</th>
<th>Units</th>
<th>Percentile Rank by Quintile</th>
<th>Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper (Cu)</td>
<td>64</td>
<td>NA</td>
<td>59 - 108 μg/dL</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>9%</td>
</tr>
<tr>
<td>Selenium (Se)</td>
<td>210</td>
<td>NA</td>
<td>85 - 318 μg/L</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>56%</td>
</tr>
<tr>
<td>Zinc (Zn)</td>
<td>509</td>
<td>NA</td>
<td>358 - 664 μg/dL</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>50%</td>
</tr>
</tbody>
</table>

### Blood Spot Element Ratios

<table>
<thead>
<tr>
<th>Element</th>
<th>Results</th>
<th>Prior</th>
<th>Recommended Limit</th>
<th>Units</th>
<th>Percentile Rank by Quintile</th>
<th>Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cu/Zn Ratio</td>
<td>0.126</td>
<td>NA</td>
<td>0.09-0.21 NA</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>23%</td>
</tr>
</tbody>
</table>

### Toxic Elements

<table>
<thead>
<tr>
<th>Element</th>
<th>Results</th>
<th>Prior</th>
<th>Recommended Limit</th>
<th>Units</th>
<th>Percentile Rank by Quintile</th>
<th>Percentile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antimony (Sb)</td>
<td>4.0</td>
<td>NA</td>
<td>&lt; 4.75 μg/L</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>63%</td>
</tr>
<tr>
<td>Arsenic (As)</td>
<td>4.0</td>
<td>NA</td>
<td>&lt; 4.15 μg/L</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>88%</td>
</tr>
<tr>
<td>Cadmium (Cd)</td>
<td>0.7</td>
<td>NA</td>
<td>&lt; 0.65 μg/L</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>90%</td>
</tr>
<tr>
<td>Lead (Pb)</td>
<td>0.50</td>
<td>NA</td>
<td>&lt; 1.67 μg/dL</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>20%</td>
</tr>
<tr>
<td>Mercury (Hg)</td>
<td>2.0</td>
<td>NA</td>
<td>&lt; 0.8 μg/L</td>
<td></td>
<td>10 20 30 40 50 60 70 80 90</td>
<td>46%</td>
</tr>
</tbody>
</table>

These test results are not intended for the diagnosis of disease. They are intended for interpretation by qualified healthcare professionals with a full knowledge of patient history to assist in their administration of an appropriate healthcare regimen.
Report Comments and Interpretation

Recommended limit ranges are compiled from laboratory generated data to reflect the 5th-95th (or <95th) percentile ranking of the sample with the following exceptions:

- Upper limit of the recommended limit for antimony, arsenic, cadmium, and lead reflect the 90th percentile of population data.
- Upper recommended limit for mercury reflects EPA specified guidelines.

The blood lead recommended limit for children ages 1-5 is 5 µg/dL, which represents the 97.5 percentile.
- CDC update October 30, 2012

Results for elements that are not detected are reported as "< x," where x is equal to the method detection limit. Percentile rankings are only plotted for elements with sufficient population data and for results greater than the method detection limit for the particular element.

Results containing a "B" indicate that the result is between the method detection limit and the method quantitation limit and should be considered an estimate. These results are reported with 99% confidence that the result is greater than zero, but the result is not accurately quantifiable and has +/- 100% uncertainty.

Reference ranges for mercury and arsenic were created using US population data. Our population database averages for both metals from Hong Kong and Japan have are roughly double the US average.

Report Qualifiers