	Acceptable Range	Test Value		
Essential Trace Elements (ppm = mg/kg = mcg/g)				
Chromium (Cr)	0.100 --- 1.400	0.128		
Cobalt (Co)	0.010 --- 0.292	0.016		
Copper (Cu)	4.450 --- 17.400	4.943		
Iodine (I)	0.030 --- 3.700	0.323		
Iron (Fe)	7.000 --- 77.000	13.995		
Manganese (Mn)	0.082 --- 1.450	0.664		
Molybdenum (Mo)	0.010 --- 0.150	0.013		
Selenium (Se)	0.700 --- 3.000	1.284		
Vanadium (V)	0.009 --- 0.210	0.222		
Zinc (Zn)	80.000 --- 220.000	134.647		
Essential Macroelements (ppm = mg/kg = mcg/g)				
Calcium (Ca)	550.000 --- 1,850.000	938.666		
Magnesium (Mg)	58.000 --- 197.000	109.712		
Nonessential Trace Elements (ppm = mg/kg = mcg/g)				
Boron (B)	< 2.100	< 0.250		
Germanium (Ge)	< 0.280	0.004		
Lithium (Li)	< 0.120	0.016		
Strontium (Sr)	0.300 --- 3.000	1.327		
Tungsten (W)	< 0.034	0.003		
Potentially Toxic Elements (ppm = mg/kg = mcg/g)				
Aluminum (Al)	< 70.000	14.178		
Antimony (Sb)	< 1.000	0.009		

n.n. = not detected, < x = below Detection Limit
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	Acceptable Range	Test Value		
Potentially Toxic Elements (ppm = mg/kg = mcg/g)				
Arsenic-total (As)	< 0.870	0.073		
Barium (Ba)	< 4.000	0.358		
Beryllium (Be)	< 0.028	< 0.010		
Bismuth (Bi)	< 3.140	< 0.010		
Cadmium (Cd)	< 0.140	0.009		
Cerium (Ce)	< 0.260	0.028		
Cesium (Cs)	< 0.010	< 0.005		
Dysprosium (Dy)	< 0.010	0.002		
Erbium (Er)	< 0.004	< 0.001		
Europium (Eu)	< 0.010	< 0.001		
Gadolinium (Gd)	< 0.020	0.002		
Gallium (Ga)	< 0.120	0.010		
Iridium (Ir)	< 0.005	n.n.		
Lanthanum (La)	< 0.300	0.015		
Lead (Pb)	< 2.000	1.191		
Lutetium (Lu)	< 0.008	< 0.001		
Mercury (Hg)	< 0.740	0.214		
Nickel (Ni)	< 5.000	0.285		
Palladium (Pd)	< 0.080	< 0.050		
Platinum (Pt)	< 0.020	n.n.		
Praseodymium (Pr)	< 0.040	< 0.005		
Rhenium (Re)	< 0.005	< 0.005		
Rhodium (Rh)	< 0.005	n.n.		

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	Acceptable Range	Test Value		
Potentially Toxic Elements (ppm = mg/kg = mcg/g)				
Ruthenium (Ru)	< 0.009	0.004		
Samarium (Sm)	< 0.010	0.002		
Silver (Ag)	< 1.500	0.023		
Tantalum (Ta)	< 0.029	< 0.001		
Tellurium (Te)	< 0.010	< 0.010		
Thallium (Tl)	< 0.020	< 0.001		
Thorium (Th)	< 0.030	< 0.010		
Thulium (Tm)	< 0.002	< 0.001		
Tin (Sn)	< 3.800	0.145		
Titanium (Ti)	< 6.000	0.503		
Uranium (U)	< 0.020	0.021		
Ytterbium (Yb)	< 0.010	< 0.001		
Zirconium (Zr)	< 2.800	0.097		

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THIS NAIL MINERAL ANALYSIS DETERMINED THE FOLLOWING TISSUE MINERAL DEFICIENCIES AND OVERLOADS. The information contained in this elemental analysis report is designed as an interpretive adjunct to normally conducted diagnostic procedures. The findings are best viewed in the context of a medical examination and history.

Uranium (U):
We tested Uranium-238 (U-238), the most common isotope of uranium, 99.3 percent being present in natural uranium. Uranium's most stable isotope, uranium-238, has a half-life of about 4.5 billion years. It decays into thorium-234 through alpha decay or decays through spontaneous fission.

TOXICITY: In 2003, the WHO (World Health Organization) recommended a daily intake of soluble compounds of <0.5 µg/kg body weight and <5 µg/kg body weight for insoluble compounds. Uranium is not absorbed through the skin, but open wounds facilitate the uptake. When ingested, between 0.2 and 2% is absorbed, when inhaled about 5% is absorbed. The rest is excreted by the kidneys.

Uranium-238 emits alpha particles which are less penetrating than other forms of radiation, and weak gamma rays. As long as it remains outside the body, uranium poses little health hazard (mainly from the gamma-rays). If inhaled or ingested, however, its radioactivity poses increased risks of lung cancer and bone cancer. Uranium is also chemically toxic at high concentrations and can cause damage to internal organs, notably the kidneys. Animal studies suggest that uranium may affect reproduction, the developing fetus, and increase the risk of leukemia and soft tissue cancers. The most serious health hazard associated with uranium mining is lung cancer due to inhaling uranium decay products. Uranium mill tailings contain radioactive materials, notably radium-226, and heavy metals (e.g., manganese and molybdenum) which can leach into groundwater. Near tailings piles, water samples have shown levels of some contaminants at hundreds of times the government's acceptable level for drinking water.

DEPOSITS: U-238 is located in different amounts in soil, water, plants and animal tissues and is often found with other earth metals such as gold or vanadium. Natural uranium is found in Canada, USA, Brazil, South and Central Africa, Australia, France, Sweden and the former USSR. In the Federal Republic of Germany relatively insignificant uranium deposits exist in areas such as the Black Forest. Traces of uranium are contained in coal and are released during combustion.

LABORATORY DETECTION: Uranium can be detected in tissue and urine months after exposure. Water can, depending on the geographical nature, contain high amounts of uranium.

VANADIUM (V):
Due to poor absorption, oral administration of vanadium is considered nontoxic, but long-term excessive vanadium supplementation or parenteral administration may create toxicity symptoms because vanadium readily combines and interferes with the biological function of amino acids, peptides, proteins and some enzyme systems. Symptoms are purple/green tongue after excessive exposure with the discoloration disappearing after the use of the vanadium compound is discontinued. Other signs of overexposure are gastrointestinal problems, including diarrhea and cramps; eczema, conjunctivitis, respiratory tract infection, and central nervous system disorders.
THERAPEUTIC CONSIDERATION: High doses of vitamin C can counteract vanadium overload.

NUTRITIONAL RECOMMENDATIONS

The following nutritional program is aimed at providing optimum health. The program is suitable for patients 12 years and older.

To optimize health, it is recommended for 3-4 months. To repeat the test, either before or after dental work, check with your doctor. A follow-up test would evaluate the stability of your dental materials. Other tests, such as a blood or hair mineral analysis test may be needed to determine your body's ability to digest and absorb nutrients.

The following nutritional and medical recommendations are based on present clinical knowledge, and do not replace medical treatment. The nutrients listed below have been selected based on their quality, and because they are easily digested and absorbed by sensitive patients. These products are available without prescription, and can be ordered at your doctor’s office.

If any questions or problems arise, consult your doctor or health care provider.

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Vanadium (V)

To reduce vanadium levels, increase the vitamin C intake.

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