

## Toxic Heavy Metal Testing

Toxic Metals	* Whole Blood Levels in Unexposed Population	ThyroCare, Mumbai, India	LabCorp., USA	Quest Diagnostics, USA	Possible Sources Remarks
<b>Aluminum</b> Serum	1.0 µg/L (Serum)		3 to 9 µg/L Plasma / Serum	1.0 to 20.0 µg/L Whole Blood	Cooking in aluminum pots and pans with damaged Teflon coating. Aluminum cans for Beer / soft drinks. High levels found in Alzheimer's patients
<b>Arsenic</b> Whole Blood	0.5 µg/L	0.1 to 5 µg/L Whole Blood	2 to 23 µg/L Whole Blood		Ground water, sea food. Causes: pigmentation, renal + hepatic toxicity, hypertension, Diabetes.
<b>Cadmium</b> Whole Blood	0.15 µg/L	0.1 to 1.5 µg/L Whole Blood	0.1 to 1.2 µg/L Whole Blood		Tobacco, cigarette smoke, KDM gold jewelery and canned foods. Causes: cardiac diseases, peripheral cyanosis.
<b>Lead</b> Whole Blood	15 µg/L	10 to 150 µg/L Whole Blood	10 to 190 µg/L (1 to 19 ug/dL) Whole Blood		Paint, cosmetics, leaded petrol. Causes: reduced motor skills / hypertension. high uric acid (gout) and urinary microalbumin.
<b>Mercury</b> Whole Blood	0.5 µg/L	0.1 to 5.0 µg/L Whole Blood	0.1 to 14.9 µg/L Whole Blood		Fish, sea food. Causes: kidney insufficiency / failure, high uric acid (gout) and urinary microalbumin.
<b>Nickel</b> Serum	0.2 µg/L (Serum)				Cooking in stainless steel pots /pans, costume jewelery, stainless steel body parts. Deposits in Prostate cause Prostate Cancer.

Essential Micro Nutrients	Levels in Healthy Population	ThyroCare	LabCorp	Quest Diagnostics	Remarks
<b>Chromium</b> Whole Blood	5.0 to 10 µg/L	1.0 to 30 µg/L Whole Blood	0.1 to 2.1 µg/L Plasma	0.1 to 1.4 µg/L Serum	Helps lower insulin, blood sugar and Inflammation.
<b>Selenium</b> Whole Blood	300 to 350 µg/L	60 to 350 µg/L Whole Blood	79 to 326 µg/L Serum / Plasma		Lowers arsenic and mercury levels. Improves Thyroid function; and Testosterone in males.

\* = Levels found in unexposed population as indicated by the Department of Toxicology, U.S. Department of Health and Public Health Services; and levels that have been repeatedly achieved at our Health Center after an elaborate Heavy Metal Detoxification Program.