

# HEAVY METALS DEMO

Name: HEAVY METALS DEMO  
Date of Birth: 01-01-1111  
Gender: Male  
Age: 01  
Height:  
Weight:  
Fasting: UNKNOWN

Telephone: 000-000-0000  
Street Address:  
Email:

FINAL REPORT

Accession ID: 2401020008

## Provider Information

Practice Name: DEMO CLIENT, MD  
Provider Name: DEMO CLIENT, MD  
Phlebotomist: 0  
Telephone: 000-000-0000  
Address: 3521 Leonard Ct, Santa Clara, CA 95054

## Report Information

Current Result Previous Result In Control Moderate Risk

## Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Metal Free Urine	2024-01-10 03:45 (PDT)	2024-01-12 13:30 (PDT)	Heavy Metals - P2	2024-01-22 15:34 (PDT)

## INTRODUCTION

Vibrant Wellness is pleased to present to you, 'Heavy Metals panel', to help you make healthy lifestyle, dietary and treatment choices in consultation with your healthcare provider. It is intended to be used as a tool to encourage a general state of health and well-being. The Heavy Metals is a test to measure levels of Heavy Metals that someone might be exposed to. The panel is designed to give a complete picture of an individual's levels of these metals in urine. Reference ranges for tests flagged with ^ were determined based on NHANES data (cdc.gov/nhanes) if available and other reference ranges are established based on urine samples from 1000 apparently healthy individuals.

### Methodology:

The Vibrant Heavy metals uses Inductively coupled plasma mass spectrometry (ICP-MS) for quantitative detection of heavy metals in urine. Urine creatinine is measured using a kinetic colorimetric assay based on the Jaffé method. All heavy metals are reported as the quantitative result normalized to urine creatinine to account for urine dilution variations.

### Interpretation of Report:

The report begins with the summary page which lists only the heavy metals whose levels are high or moderate based on the reference range. Additionally, the previous value is also indicated to help check for improvements every time the test is ordered. Following this section is the complete list of the heavy metals and their absolute levels are normalized with respect to Creatinine in a histogram format to enable a full overview along with the reference ranges. The level of the heavy metals with reference range is shown with three shades of color – Green, Yellow and Red. The result in green corresponds to 0th to 75th percentile indicates mild exposure to the respective heavy metal. The result in yellow corresponds to 75th to 95th percentile indicates moderate exposure to the respective heavy metal whereas the result in red corresponding to greater than 95th percentile indicates high exposure to the heavy metal. All contents provided in the report are purely for informational purposes only and should not be considered medical advice. Any changes based on the information should made in consultation with the clinical provider.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for the Heavy Metals panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809. Vibrant Wellness provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at [www.vibrant-wellness.com](http://www.vibrant-wellness.com). By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to accept these terms, you shall not access, browse, or use the report or website. The statements in this report have not been evaluated by the Food and Drug Administration and are only meant to be lifestyle choices for potential risk mitigation. Please consult your physician/dietitian for medication, treatment, or lifestyle management. This product is not intended to diagnose, treat, or cure any disease.

### Please note:

Pediatric ranges have not been established for this test. It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your physician before making any changes. To schedule an appointment with Vibrant Clinical Dietitians please call: Toll-Free 866-364-0963.

Heavy Metals

Test Name	Current	Previous	75th	Result	95th	Reference
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POSSIBLE SOURCES

Contaminated water, food, soil and occupational exposure.

ASSOCIATED RISK

Exposure to even trace amounts of tellurium can result in distinct symptoms, notably a pungent garlic odor of the breath, often referred to as 'tellurium breath.' Additional major manifestations include loss of appetite, dryness of the mouth, suppression of sweating, and a lingering metallic taste in the mouth, sweat and urine.

DETOX SUGGESTIONS

Chelation therapy involves the administration of chelating agents, such as dimercaprol (BAL) or dimercaptosuccinic acid (DMSA), which can bind to tellurium and facilitate its excretion through urine. Chelation therapy is typically used for heavy metal poisoning and may be effective for tellurium toxicity as well.



POSSIBLE SOURCES

Contaminated air, food, and water and skin contac.

ASSOCIATED RISK

The symptoms associated with tungsten toxicity may include breathing problems, nausea, seizures, and rapid onset of clouded consciousness which may lead to coma and encephalopathy, renal conditions, and hypocalcemia.

DETOX SUGGESTIONS

While there is no specific chelating agent for tungsten, some general chelators like EDTA (ethylenediaminetetraacetic acid) or DMSA (dimercaptosuccinic acid) may help promote the excretion of heavy metals from the body, including tungsten. However, their effectiveness for tungsten removal specifically may be limited.

Creatinine

Test Name	Current	Previous	Result	Reference
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Heavy Metals					
Test Name	Current	Previous	Result		Reference
			75th	95th	
Aluminum (ug/g)	<3		17.83	45.15	≤45.15
Antimony^ (ug/g)	0.04		0.07	0.16	≤0.16
Arsenic^ (ug/g)	4.49		11.9	52	≤52
Barium^ (ug/g)	<1		2.33	5.59	≤5.59
Beryllium^ (ug/g)	<0.1		0.2	0.76	≤0.76
Bismuth (ug/g)	<0.1		0.58	2.53	≤2.53
Cadmium^ (ug/g)	0.21		0.29	0.8	≤0.8
Cesium^ (ug/g)	5.65		6.37	10.3	≤10.3
Gadolinium (ug/g)	<0.05		0.17	0.45	≤0.45
Lead^ (ug/g)	<0.1		0.52	1.16	≤1.16
Mercury^ (ug/g)	<0.1		0.57	1.61	≤1.61
Nickel (ug/g)	5.80		6.37	12.13	≤12.13
Palladium (ug/g)	<0.1		0.15	0.2	≤0.2
Platinum^ (ug/g)	<0.05		0.1	0.9	≤0.9
Tellurium (ug/g)	0.64		0.42	0.89	≤0.89
Thallium^ (ug/g)	0.14		0.24	0.43	≤0.43
Thorium (ug/g)	0.01		0.02	0.07	≤0.07
Tin^ (ug/g)	0.58		1	3.72	≤3.72
Tungsten^ (ug/g)	0.13		0.12	0.33	≤0.33
Uranium^ (ug/g)	<0.01		0.02	0.04	≤0.04



## Risk and Limitations

This test has been developed and its performance characteristics determined and validated by Vibrant America LLC., a CLIA and CAP certified lab. These assays have not been cleared or approved by the U.S. Food and Drug Administration. Vibrant Wellness provides additional contextual information on these tests and provides the report in more descriptive fashion.

Heavy Metals Toxins panel does not demonstrate absolute positive and negative predictive values for any condition. Its clinical utility has not been fully established. Clinical history and current symptoms of the individual must be considered by the healthcare provider prior to any interventions. Test results should be used as one component of a physician's clinical assessment.

Heavy Metals Panel testing is performed at Vibrant America, a CLIA and CAP certified laboratory. Vibrant America has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon re-testing the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

The information in this report is intended for educational purposes only. While every attempt has been made to provide current and accurate information, neither the author nor the publisher can be held accountable for any errors or omissions. Tested individuals may find their experience is not consistent with Vibrant's selected peer reviewed scientific research findings of relative improvement for study groups. The science in this area is still developing and many personal health factors affect diet and health. Since subjects in the scientific studies referenced in this report may have had personal health and other factors different from those of tested individuals, results from these studies may not be representative of the results experienced by tested individuals. Further, some recommendations may or may not be attainable, depending on the tested individual's physical ability or other personal health factors. A limitation of this testing is that many of these scientific studies may have been performed in selected populations only. The interpretations and recommendations are done in the context of these studies, but the results may or may not be relevant to tested individuals of different or mixed ethnicities.

Vibrant Wellness makes no claims as to the diagnostic or therapeutic use of its tests or other informational materials. Vibrant Wellness reports and other information do not constitute medical advice and are not a substitute for professional medical advice. Please consult your healthcare practitioner for questions regarding test results, or before beginning any course of medication, supplementation, or dietary changes.