

Hello Travis.

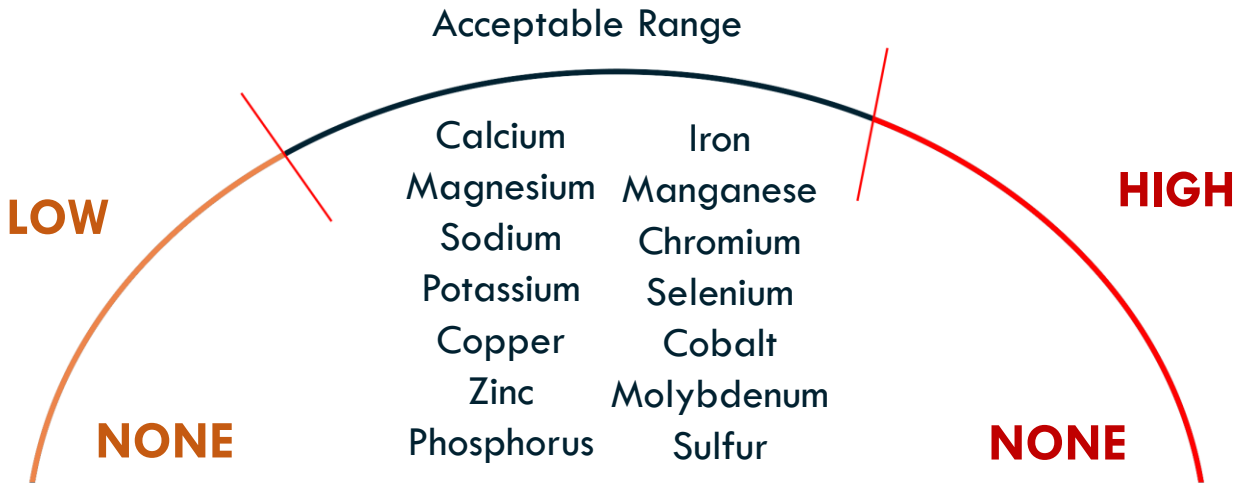
Your HTMA result from August 2020 are in.



Metabolic Type:
Slow Metabolism, Type 2
[Learn More](#)



8 toxic elements were tested.
NONE were detected at toxic levels.



15 nutritional elements & 14 subsidiary elements were tested.

None are low. **None** are high.

Trace amounts of 7 Heavy Metals detected.

These nutritional mineral levels that reveal moderate or significant deviations from normal based on statistical data that identifies the reference range for a healthy individual. The following sections, however, are based on clinical data. As such, an element that is moderately outside the reference range may not be commented on unless determined to be clinically significant. In contrast, a level that indicated it is within the reference range may be commented on based on level or ratio with other elements. This report is for self-educational and informational purposes only and in no way is intended as medical counseling or medical advice concerning any medical condition, disorder or disease.

Hello Travis.

Your HTMA result from August 2020 Page 2.

Calcium/Phosphorus and Protein Intake - Phosphorus is involved in all of the cellular energy production cycles within the body. Adequate protein intake is essential in providing needed phosphorus for increased energy production and reducing excess tissue calcium retention. It is suggested that protein intake be evaluated. Protein should make up at least 40 percent of total daily caloric intake.

High Sodium/Potassium - An excess of sodium relative to potassium can increase the requirements for potassium. Excess sodium relative to potassium can result in water retention and periodic weight gain. A potassium deficiency of this type, both a low level and low relative to other specific minerals, can be a result of inadequate intake and/or decreased retention.

High Calcium/Potassium and Hypothyroidism - High calcium relative to potassium will frequently indicate a trend toward hypothyroidism (underactive thyroid). The mineral calcium antagonizes the retention of potassium within the cell. Since potassium is necessary in sufficient quantity to sensitize the tissues to the effects of thyroid hormones, a high calcium-potassium ratio would suggest reduced thyroid function and/or cellular response to thyroxine. If this imbalance has been present for an extended period of time, the following symptoms associated with low thyroid function may occur, fatigue, dry skin, constipation, depression, overweight tendencies, cold sensitivity.

Mineral Metabolism & Vitamin B6 - A deficiency of Vitamin B6 leads to alterations in the metabolism, utilization and balance between calcium and magnesium. Calcium retention will increase and the excretion of magnesium will also increase when vitamin B6 is lacking. Your results indicate an increased need for Vitamin B6.

Hello Travis.

Your HTMA result from August 2020 Page 3.

These dietary and supplement recommendations are not intended to be a permanent recommendation plan. These recommendations are made based on your existing HTMA results. Periodic reevaluation is recommended as desired.



Dietary Recommendations

Optimize your body chemistry

↑ **Lean Protein** - beef, fish, chick, beans, eggs with every meal - increase metabolic rate & energy production.

↑ **Frequency of meals** - 4-6/day - balance nutrient levels & decrease blood sugar fluctuations.

>**40% daily carbohydrates** - preference for unrefined carbs - vegetables, legumes, whole grains.

Avoid sugars and refined carbs – sugar, pastries, candy, honey, alcohol and white bread...

Avoid high purine protein – liver, kidney, sardines, salmon and more...

↓ **Fruit-based juices** - vegetables juices are okay!

↓ **Milk & milk products** - cheese, yogurt, cream to once every 3-4 days a week..

↓ **Fats and Oils** – fried foods, cream, butter, salad dressings and mayo...



Supplement Recommendations

TAKE:

ActivFulvic

Daily Multiple

Iodine

Potassium

Digestive Support

(prebiotic and probiotic)

DON'T TAKE:

Vitamin D

Calcium

Vitamin B12

The above nutrient levels should be met through dietary recommendations without additional supplementation that may contribute to mineral ratio imbalances.



Hello **Travis.**

Your HTMA result from **August 2020** Page 4.

Your Customized Supplement Plan

Keeping Your Nutritional Health on Target

Not all supplements are created equal. We create high-quality professional-grade mineral supplements that are uniquely formulated for maximum bio-availability and rapid absorption. Our liquid base formulas enhanced with CHD-FA Fulvic Acid increases nutrient availability up to 99.9%.

ActivFulvic – 30 Day Detox Protocol

Balance elevated mineral levels with the 30 day detox protocol helping to reduce higher levels of heavy metals.

Daily Multiple – 1x Daily AM or PM

Daily Multiple - Whole-food nutrition with a comprehensive balance of natural vitamins (including vitamin B6), minerals, enzymes, and amino acids.

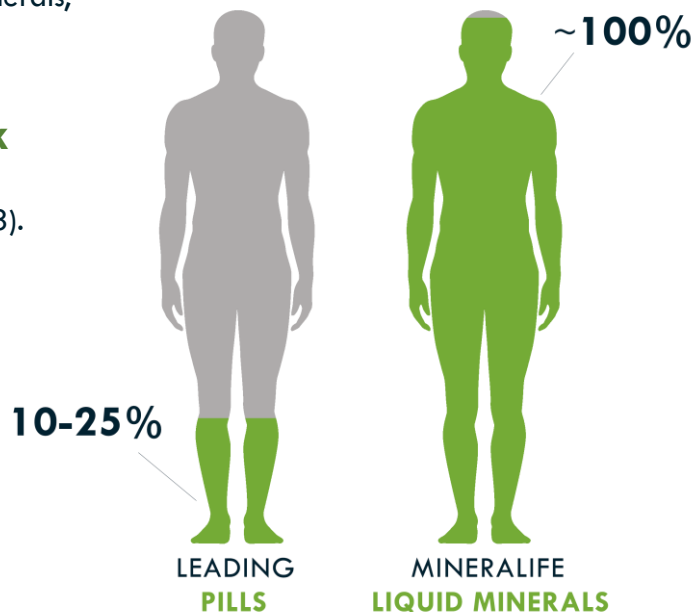
Iodine – 2-3 drops, 3-4 days/week

An essential mineral for thyroid health stimulating the thyroid hormones: thyroxin (T) and triiodothyronine (T3).

Potassium – 1x Daily AM or PM

Balance potassium ratios with daily supplementation of liquid potassium.

AVAILABILITY OF SUPPLEMENT ABSORPTION



Are You Ready for Better Health?

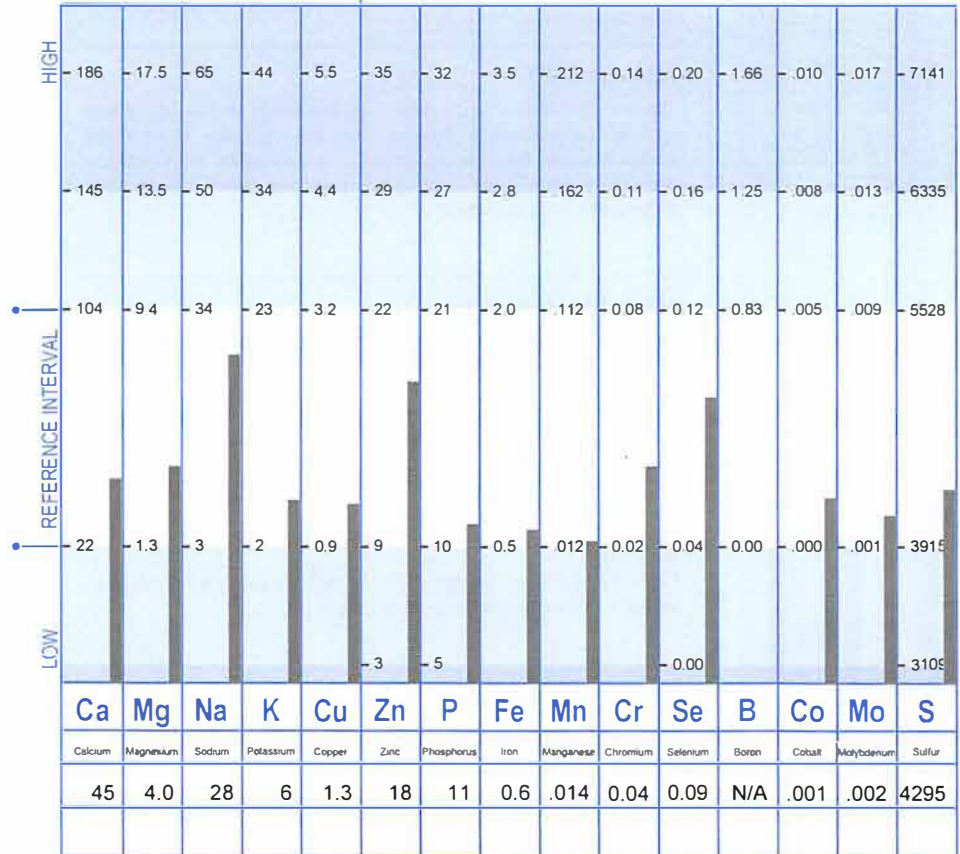
Start resolving nutrient shortfalls, balance your nutrition, and optimize your metabolism with our supplement recommendation plan.

Get your supplement program and **Save 30% and Get FREE shipping!**

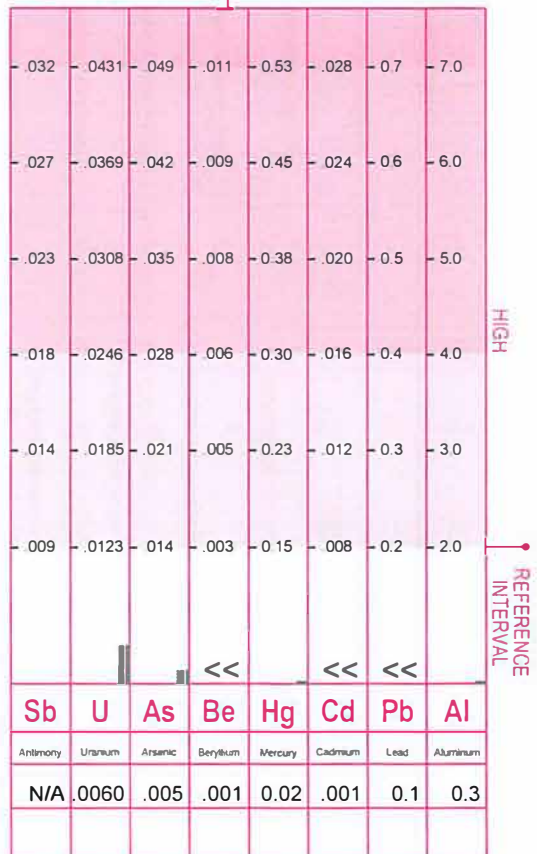


PROFILE NO.: 2		SAMPLE TYPE: SCALP	
PATIENT: TRAVIS	AGE: 31	SEX: M	METABOLIC TYPE: SLOW 2
REQUESTED BY: MINERALIFE			DATE: 08/2020

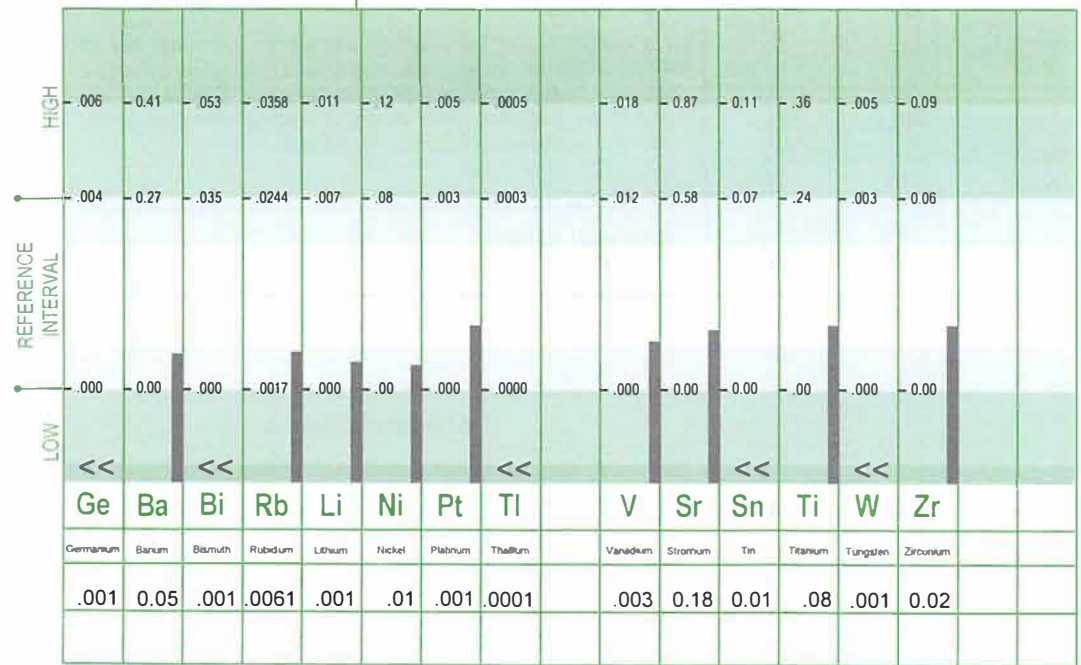
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



<<: Below Calibration Limit; Value Given Is Calibration Limit

QNS: Sample Size Was Inadequate For Analysis.

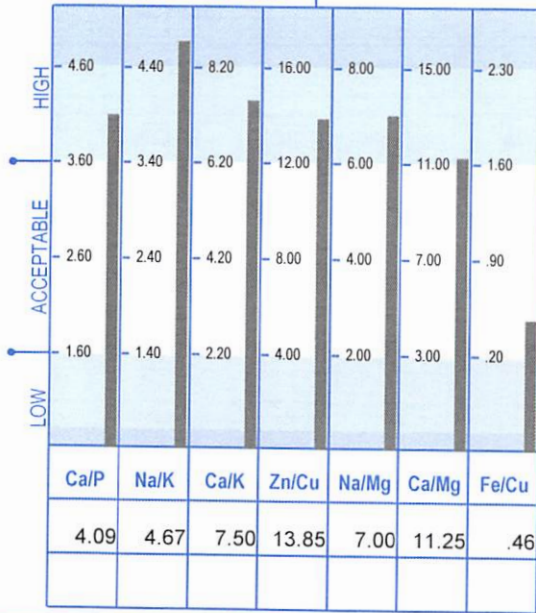
N/A: Currently Not Available

Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

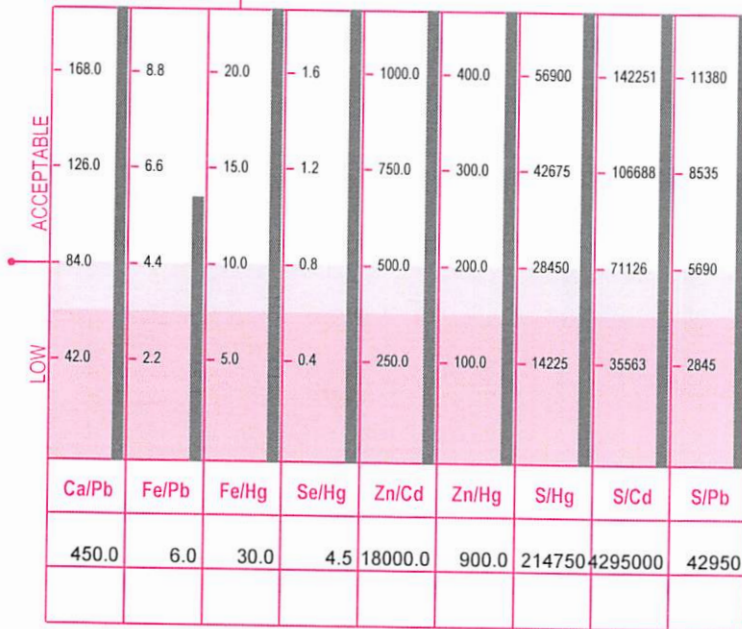
Laboratory Analysis Provided by Trace Elements, Inc.
an H. H. S. Licensed Clinical Laboratory.
No. 45 D0481787 Lab Dir: P. Mendershausen, Ph.D.

08/2020
CURRENT TEST RESULTS
PREVIOUS TEST RESULTS

SIGNIFICANT RATIOS



TOXIC RATIOS



ADDITIONAL RATIOS

RATIO	CALCULATED VALUE		EXPECTED
	Current	Previous	
Ca/Sr	250.00		263/1
Cr/V	13.33		8/1
Cu/Mo	650.00		356/1
Fe/Co	600.00		615/1
K/Co	6000.00		6350/1
K/Li	6000.00		6350/1
Mg/B	N/A		21/1
S/Cu	3303.85		2668/1
Se/Tl	900.00		370/1
Se/Sn	9.00		3.2/1
Zn/Sn	1800.00		624/1

LEVELS

All mineral levels are reported in milligrams percent (milligrams per one-hundred grams of hair). One milligram percent (mg%) is equal to ten parts per million (ppm).

NUTRITIONAL ELEMENTS

Extensively studied, the nutrient elements have been well defined and are considered essential for many biological functions in the human body. They play key roles in such metabolic processes as muscular activity, endocrine function, reproduction, skeletal integrity and overall development.

TOXIC ELEMENTS

The toxic elements or "heavy metals" are well-known for their interference upon normal biochemical function. They are commonly found in the environment and therefore are present to some degree, in all biological systems. However, these metals clearly pose a concern for toxicity when accumulation occurs to excess.

ADDITIONAL ELEMENTS

These elements are considered as possibly essential by the human body. Additional studies are being conducted to better define their requirements and amounts needed.

RATIOS

A calculated comparison of two elements to each other is called a ratio. To calculate a ratio value, the first mineral level is divided by the second mineral level.

EXAMPLE: A sodium (Na) test level of 24 mg% divided by a potassium (K) level of 10 mg% equals a Na/K ratio of 2.4 to 1.

SIGNIFICANT RATIOS

If the synergistic relationship (or ratio) between certain minerals in the body is disturbed, studies show that normal biological functions and metabolic activity can be adversely affected. Even at extremely low concentrations, the synergistic and/or antagonistic relationships between minerals still exist, which can indirectly affect metabolism.

TOXIC RATIOS

It is important to note that individuals with elevated toxic levels may not always exhibit clinical symptoms associated with those particular toxic minerals. However, research has shown that toxic minerals can also produce an antagonistic effect on various essential minerals eventually leading to disturbances in their metabolic utilization.

ADDITIONAL RATIOS

These ratios are being reported solely for the purpose of gathering research data. This information will then be used to help the attending health-care professional in evaluating their impact upon health.

REFERENCE INTERVALS

Generally, reference intervals should be considered as guidelines for comparison with the reported test values. These reference intervals have been statistically established from studying an international population of "healthy" individuals.

Important Note: The reference intervals should not be considered as absolute limits for determining deficiency, toxicity or acceptance.