



## ESSENTIAL MINERAL & HEAVY METAL ANALYSIS - Test Code 5021



Turnaround Time : 7 business days



Specimen Type: Spot Urine

### Description

The Essential Minerals and Heavy Metals Profile evaluates levels of essential minerals and potentially toxic heavy metals in the body, offering valuable insights into overall health and risk of exposure to harmful substances.

Trace and essential elements are crucial for nearly all biochemical reactions within the body. Insufficient levels of these minerals can lead to significant health issues, including chronic diseases and acute illnesses (Tardy et al., 2020). Long-term exposure to heavy metals can lead to toxicity, a dangerous condition that may cause serious health issues such as neurological damage, kidney dysfunction and an increased risk of cancer (Yang & Wang, 2022). Exposure to heavy metals may occur through environmental sources, such as food, water, and pollution, often accumulating in the body over time and causing symptoms like fatigue, cognitive changes, and digestive issues (Yang & Wang, 2022).

This profile is particularly beneficial for individuals with known exposure risks or symptoms that could suggest mineral imbalances or heavy metal toxicity (Tardy et al., 2020; Yang & Wang, 2022). Understanding your mineral and heavy metal levels can help you make informed lifestyle changes or seek treatments that optimise detoxification and nutrient balance, supporting your health and well-being.

### Whats included?

- 14 Minerals: B, Ca, Co, Cr, Cu, Fe, Li, Mg, Mn, Mo, Se, Sr, V, Zn.
- 14 Toxic Metals: Ag, Al, As, Ba, Be, Bi, Cd, Hg, Ni, Pb, Pt, Sb, Sn, Tl

### Conditions and Symptoms

- Exposure to heavy metals
- Restrictive diets
- Fatigue and weakness
- Neurological and mood disorders
- Respiratory issues
- Dermatitis

### Complementary Testing

- Neurotransmitters Advanced (Test code 4036)
- Advanced Microbiome Mapping (Test code 2211)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



info@nutripath.com.au



1300 688 522



www.nutripath.com.au

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\*See NATA and CLIA website for further details