



HAIR MINERAL ANALYSIS LEVEL 1 - Test Code 5013



Turnaround Time: 7 business days



Specimen Type: Hair Kit

Description

The Hair Mineral Analysis panels measure the levels of various minerals and trace elements in hair. This test provides valuable insights into the body's mineral status and overall nutritional health. Hair is an excellent medium for assessing long-term exposure to minerals, as it reflects the accumulation of elements over time, making it a useful tool for detecting deficiencies, excesses and imbalances (Izydorczyk et al., 2021).

Minerals play vital roles in numerous bodily functions, including enzyme activity, hormone regulation and the maintenance of bone and immune health. Imbalances in mineral levels can contribute to a range of health issues, including fatigue, cognitive decline and metabolic disorders (Tardy et al., 2020). For example, low levels of essential minerals such as magnesium and zinc may lead to symptoms of fatigue and decreased immune function, while elevated heavy metals like lead and mercury can indicate toxic exposure (Yang & Wang, 2022).

Hair Mineral Analysis is particularly beneficial for individuals experiencing unexplained health issues, those on restrictive diets, or anyone seeking to optimise their nutritional status. The results can guide healthcare providers in developing tailored dietary recommendations, supplementation plans and detoxification strategies to improve overall well-being.

Whats included?

- 8 minerals: Ca, Cr, Cu, Fe, Mg, Mn, Se, Zn
- 8 toxic metals: Al, As, Cd, Hg, Ni, Pb, Ag, Sn

Conditions and Symptoms

- Anaemia
- Neurological conditions
- Cognitive impairment
- Inflammation
- Thyroid dysfunction
- Skin problems
- Immune dysregulation

Complementary Testing

- Thyroid Profile – Extensive (Test code 1114)
- Organic Acids- Metabolomic Mapping (Test code 4041)

Accreditations Include:

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



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