



HEAVY METAL ANALYSIS - Test Code 5020



Turnaround Time : 7 business days



Specimen Type: Spot Urine

Description

Heavy metal analysis is designed to assess the levels of toxic metals in your body. Exposure to these heavy metals can occur through various sources, including environmental pollutants, certain foods, occupational hazards, and contaminated water (Yang & Wang, 2022). Chronic exposure to heavy metals can lead to serious health issues, including neurological disorders, kidney damage, immune system dysfunction and an increased risk of chronic diseases such as cardiovascular issues and certain cancers (Yang & Wang, 2022).

Conducting a heavy metal analysis provides valuable insights into your body's burden of these harmful substances, helping to identify potential health risks and guide appropriate interventions (Yang & Wang, 2022). This test is particularly important for individuals experiencing unexplained symptoms such as fatigue, cognitive decline, gastrointestinal issues, or muscle and joint pain, as these may be linked to heavy metal toxicity (Yang & Wang, 2022).

Understanding your heavy metal levels enables you to take proactive measures to reduce exposure and implement detoxification strategies, supporting your overall health and well-being. By being informed about potential heavy metal accumulation, you can work with healthcare professionals to develop a tailored plan that may include dietary adjustments, supplementation and lifestyle changes aimed at minimising exposure and enhancing your body's ability to eliminate these toxins.

Whats included?

- Silver (Ag), Aluminium (Al), Arsenic (As), Barium (Ba), Beryllium (Be), Bismuth (Bi), Cadmium (Cd), Mercury (Hg), Nickel (Ni), Lead (Pb), Platinum (Pt), Antimony (Sb), Tin (Sn), Thallium (Tl).

Conditions and Symptoms

- Mental health issues
- Neurological disorders
- Abdominal pain and Gastrointestinal distress
- Fatigue
- Kidney and lung damage
- Developmental delays in children
- Mood swings and irritability
- Contact dermatitis

Complementary Testing

- Essential Mineral Analysis (Test code 5019)
- Advanced Microbiome Mapping (Test code 2211)
- Neurotransmitters- Advanced (Test code 4036)

Accreditations Include:

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



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*See NATA and CLIA website for further details