



DRINKING WATER MINERALS & METALS - Test Code 5036



Turnaround Time: 7 business days

Specimen Type: Water
Collection Kit

Description

Testing drinking water for minerals and metals is essential to ensure its safety and quality. Water can naturally contain essential minerals like calcium and magnesium, which contribute to its hardness and provide health benefits. However, it may also contain harmful metals such as lead, arsenic or cadmium, which can leach into the water supply from natural deposits, corroding pipes or industrial pollution (Bai et al., 2022). Long-term exposure to these toxic metals has been linked to serious health concerns, including neurological damage, depression, anxiety, kidney dysfunction and an increased risk of cancer (Bai et al., 2022; Zhou et al., 2024).

This test evaluates both beneficial and potentially harmful elements in your drinking water, helping identify any imbalances or contaminants. By assessing the concentration of various minerals and metals, the test provides valuable insights into the water's suitability for consumption and its potential impact on health (Bai et al., 2022). For households relying on private wells or older plumbing systems, regular water testing is especially important to detect issues early and prevent adverse health effects (Bai et al., 2022).

If harmful levels are detected, corrective measures, such as water filtration or treatment systems, can improve water safety and quality.

Test Options

- 10 Minerals: Cr, Cu, Fe, Mn, Se, Zn, Ca, Mg, B, Sr
- 12 toxic metals: Al, Sb, As, Ba, Be, Cd, Hg, Ni, Pb, Ag, Tl, U

Conditions and Symptoms

- Neurological conditions
- Skin irritation
- Low energy and fatigue
- Kidney and liver issues
- Joint and Muscle pain

Complementary Testing

- Hair Mineral Analysis Level 2 (Test code 5014)
- Red Cell or Whole Blood Metals (Test code 5026)

Accreditations Include:

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



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For more information
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*See NATA and CLIA website for further details