

Test Results

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Dear Ben,

11/03/2018

Please find attached your nutritional deficiencies results. The items on this list have indicated a deficiency and needs replenishing in your system. We only report these as they are the ones likely to be causing you the most symptoms. However, your hair sample has been tested against all 80 nutrients.

The nutritional information found next to each nutrient is important, as a good balanced diet along with a healthy lifestyle can boost the immune system and reduce your intolerance levels. The nutrients that have shown as deficient in your system can easily be improved. Simply try and add in one or two of the recommended food items to your diet each day. Although it may be easier to use a vitamin supplement, it is always better to get your nutrients from a fresh source, as this will enter your body much faster.

Kind Regards,

Test Results

Biotin

Sources - Almonds, Artichoke, Avocado, Banana, Black eyed peas, Brazil nuts, Onion, Peanuts, Pecans, Raspberries, Soy, Strawberries, Sweet potato Symptoms - Hair loss, Dry scaly skin, Cracking in corner of the mouth, Fatigue and Depression

Chromium

Sources - Bread, Brown rice, Meat, Broccoli, Mushrooms, Green beans Signs of deficiency - Anxiety, low energy levels, chronic fatigue, muscle weakness, mood swings. Body use - It is an essential part of metabolic processes that regulate blood sugar and helps insulin transport glucose into cells, where it can be used for energy

Lithium

Lithium deficiency can cause muscle fatigue, nausea and sickness Sources - Shrimp, Lobster, Oyster and Scallops.

Melatonin

Melatonin deficiency could lead to fatigue and lethargy. Sources - Red Meat, Grains, Root Vegetables.

Molybdenum

Sources - Lentils, dried peas, kidney beans, soy beans, pinto beans, black beans, oats, tomato, romaine lettuce, cucumber, celery, barley, eggs, carrot, bell peppers. Signs of deficiency - Headaches, Night blindness. Protects cells and creates energy to help vital organs get rid of waste products

Silica

Sources - Whole grain, pasta, brown rice, banana, mango, green beans, spinach, strawberries. A healthy level of Silica can improve collagen formations and skin elasticity. It can also improve the health of hair and nails. Signs of deficiency - Dry skin, Brittle hair and finger nails, Weak teeth and gums

Vitamin B12

Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy

Vitamin B2

Sources - Spinach, crimini mushrooms, asparagus, sea vegetables, eggs, cows milk, broccoli, swiss chard, green beans, kale, bell peppers, soy beans Signs of deficiency - Slow metabolism, Mouth or lip sores, Skin inflammation, Sore throat

