

## — Vitamins, Minerals & Dietary Fatty Acids

### Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

#### — MERCURY, BLOOD

(mcg/L)

<4

Range: <=10

#### MERCURY, BLOOD

(mcg/L)



#### Result Comments

Mercury is a naturally occurring metal in the earth's crust and exists in several forms. Exposure commonly occurs by consumption of contaminated fish and shellfish and to a lesser extent through the vapor of burning of coal or other materials that contain mercury. High levels of exposure can harm the brain, heart, kidneys, lungs, and immune system.

For more information, visit <https://www.epa.gov/mercury/basic-information-about-mercury>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.