

— 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.

Hide

— ARSENIC, BLOOD <3
(mcg/L) Range: <23

ARSENIC, BLOOD

(mcg/L)



Result Comments

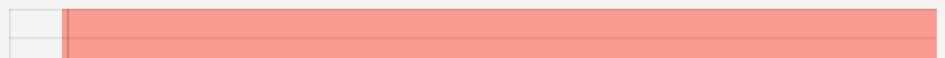
Arsenic, a naturally occurring metal, can be found in inorganic compounds such as soils, sediments, and ground water, while organic compounds exist mainly in fish and shellfish. The inorganic forms are known carcinogens, whereas organic forms are considered less toxic. Exposure is most commonly from contaminated groundwater and is also used by industrial sectors to process glass, pigments, and wood preservatives.

For more information, visit <https://www.cancer.org/cancer/cancer-causes/arsenic>

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.

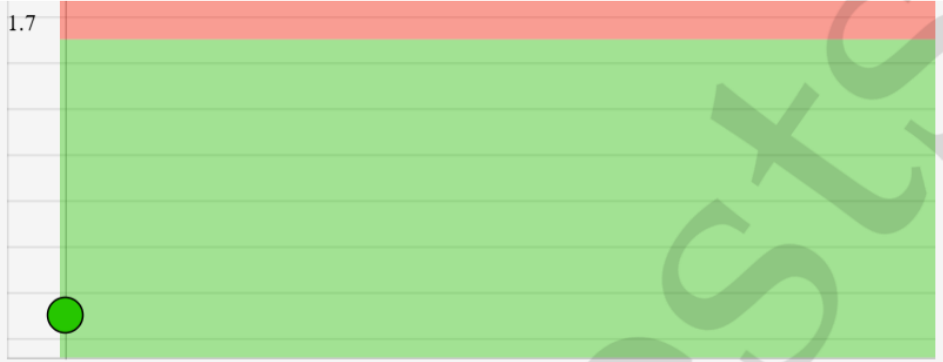
— CADMIUM, BLOOD <0.5
(mcg/L) Dec 2025 Range: <=1.7

CADMIUM, BLOOD

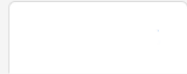


(mcg/L)

1.7



Result Comments



Reference Range:

Adults, Non-Smokers: 1.7 mcg/L or less

Adults, Smokers: 5.0 mcg/L or less

OSHA Reference Range: 5.0 mcg/L or less

Toxic Concentration: Early signs of toxicity have been observed at 30 mcg/L.

Cadmium is a naturally occurring element that is mined and used in industrial production because of its durability. Exposure tends to occur in industrial sectors including manufacturing, construction, and transportation. Excessive cadmium exposure can damage lungs, kidneys, and the digestive tract.

For more information, visit <https://www.cdc.gov/niosh/topics/cadmium/>

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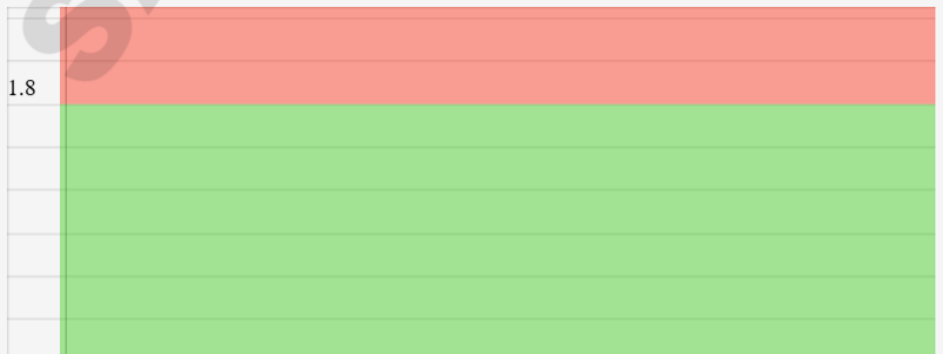
COBALT, BLOOD
(mcg/L)

<0.5

Range: ≤1.8

COBALT, BLOOD
(mcg/L)

1.8



Result Comments

Cobalt is a naturally occurring metal, is a part of vitamin B12, and plays a role in making red blood cells and maintaining the nervous system. Industrial exposure is the most common source for toxicity. Extreme exposure can cause cardiomyopathy, while lesser amounts can cause enlargement of the thyroid or increase the production of red blood cells which can contribute to congestive heart failure.

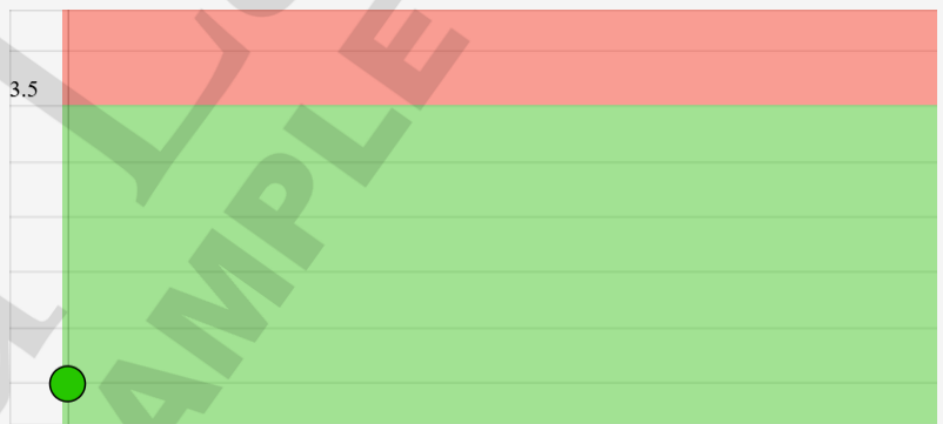
For more information, visit <https://www.cdc.gov/niosh/topics/cobalt/>

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LEAD, BLOOD (VE... **<1.0**
(mcg/dL)

Range: <3.5

LEAD, BLOOD (VENOUS)
(mcg/dL)



Result Comments

No safe blood lead level (BLL) in children has been identified.

Lead is a naturally occurring element found in small

amounts in all parts of our environment. Changes to the soil like mining, smelting, and refining can release lead into the air and eventually settle to the ground, where it may get into water sources. However, most exposure occurs in the industrial sector. Lead affects almost every organ and system in the body and is especially detrimental to children under 6 and pregnant women. Exposure can lead to increased blood pressure, decreased kidney function, memory loss, and reproductive problems.

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

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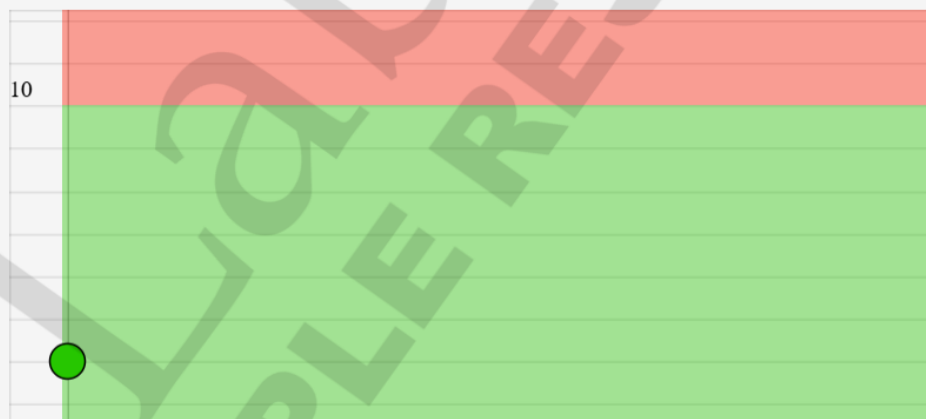
MERCURY, BLOOD
(mcg/L)

<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>

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Uita Lab Tests
SAMPLE RESULTS