

— 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

COBALT, BLOOD
(mcg/L)

<0.5

Range: <=1.8

COBALT, BLOOD

(mcg/L)



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/>

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.