



DEEPCARE

AT-HOME KIT

# Hair Elements

A measurement of essential and toxic elements integrated into your hair over the past few months.

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PRICE

TURNAROUND

SAMPLE

CHF 219

10 days

Hair (0.25 g)

## WHAT THIS MEASURES

# 39 elements and 5 ratios, in one sample.

Hair grows about one centimetre per month. As it grows, your body deposits a record of the elements in your bloodstream into the hair shaft. A 2.5 cm sample cut close to the scalp captures roughly the last two to three months. ICP-MS measures 17 toxic metals and 22 essential minerals down to parts per million; 5 diagnostic ratios are computed from them.








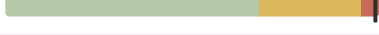
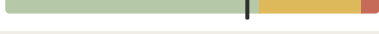
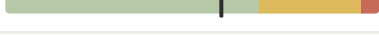
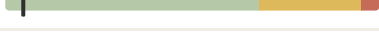

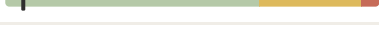




<b>Toxic exposure</b>	Heavy metals integrated from environment, water, food. Arsenic, cadmium, mercury, lead, aluminium, antimony, and others.
<b>Essential minerals</b>	Magnesium, zinc, copper, selenium, chromium, manganese, iodine. The elements your body needs in trace amounts.
<b>Diagnostic ratios</b>	Calcium-to-magnesium, sodium-to-potassium, zinc-to-copper. Ratios often tell more than absolute values.
<b>Integration window</b>	Two to three months of cumulative exposure, not a single moment. Different from a blood draw, which reads today.

WHAT THE REPORT LOOKS LIKE

# One tick per element, every element.

Your results come back as horizontal bars. The colour band shows the reference range and where each value sits within it. A black tick marks your value. Below is the complete panel for a representative sample (not a real patient), 17 toxic metals, then 22 essential minerals, then the 5 diagnostic ratios.







■ Within range   
 ■ Approaching the edge   
 ■ Outside range

Toxic metals (µg/g)			
Aluminium (Al)	5.0	< 7.0	
Antimony (Sb)	0.011	< 0.050	
Arsenic (As)	0.12	< 0.060	
Barium (Ba)	0.45	< 2.0	
Beryllium (Be)	< 0.001	< 0.020	
Bismuth (Bi)	0.10	< 2.0	
Cadmium (Cd)	0.029	< 0.050	
Lead (Pb)	5.0	< 0.60	
Mercury (Hg)	0.50	< 0.80	
Nickel (Ni)	0.18	< 0.30	
Platinum (Pt)	< 0.001	< 0.005	
Silver (Ag)	0.08	< 0.15	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Tin (Sn)	0.21	< 0.30	
Titanium (Ti)	0.45	< 0.70	
Uranium (U)	0.022	< 0.060	









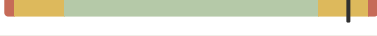

WHAT THE REPORT LOOKS LIKE (continued)

■ Within range   
 ■ Approaching the edge   
 ■ Outside range

Essential elements. Macrominerals (µg/g)

Calcium (Ca)	224	300 – 1200	
Magnesium (Mg)	21	35 – 120	
Sodium (Na)	85	20 – 250	
Potassium (K)	24	8 – 75	
Phosphorus (P)	175	150 – 220	
Sulfur (S)	47000	44000 – 50000	







Essential elements. Trace minerals (µg/g)

Copper (Cu)	74	11 – 37	
Zinc (Zn)	180	140 – 220	
Manganese (Mn)	0.22	0.08 – 0.60	
Chromium (Cr)	0.52	0.40 – 0.65	
Vanadium (V)	0.038	0.018 – 0.065	
Molybdenum (Mo)	0.032	0.020 – 0.050	
Iron (Fe)	10	7.0 – 16	
Cobalt (Co)	0.018	0.005 – 0.040	
Selenium (Se)	1.3	0.55 – 1.1	
Iodine (I)	1.1	0.25 – 1.8	






WHAT THE REPORT LOOKS LIKE (continued)

■ Within range   
 ■ Approaching the edge   
 ■ Outside range

Essential elements. Other (µg/g)

Boron (B)	0.90	0.25 – 1.5	
Lithium (Li)	0.012	0.007 – 0.020	
Strontium (Sr)	2.4	0.50 – 7.6	
Germanium (Ge)	0.035	0.030 – 0.040	
Rubidium (Rb)	0.045	0.007 – 0.096	
Zirconium (Zr)	0.11	0.020 – 0.42	

Ratios

Calcium / Magnesium (Ca/Mg)	10.7	4 – 30	
Calcium / Phosphorus (Ca/P)	1.28	1 – 12	
Sodium / Potassium (Na/K)	3.5	0.5 – 10	
Zinc / Copper (Zn/Cu)	2.4	4 – 20	
Zinc / Cadmium (Zn/Cd)	6207	> 800	

# Five things to notice.

Numbers on a chart can feel either reassuring or alarming depending on which way you read them. These are the five orientation cues that turn the chart into information.

- 1 The reference column.** The numbers in parentheses are the **reference interval**. For toxic metals it is an upper limit. For essentials, it is a normal range with both a floor and a ceiling.
- 2 The bar colour band.** **Green** means your value sits inside the population's typical range. **Amber** means it is approaching the edge. **Brick** means it is outside.
- 3 The black tick.** That tick is **your** value, placed by percentile on the bar, not a linear position. Two ticks in the green zone can still differ meaningfully.
- 4 Toxic vs essential bars.** **Toxic metals** are one-sided. There is no "too low" arsenic. **Essential minerals** are two-sided. Both deficiency and excess matter.
- 5 Ratios next to the table.** **Calcium / magnesium, zinc / copper**, and others are computed from the same data. Out-of-range ratios are often more clinically meaningful than the raw numbers.

## READING THE REPORT

# With help, in one hour.

Every hair element kit at Deepcare includes a 60-minute video consultation with Dimitris Messinis, PhD. He walks through the chart with you, decides what is worth acting on, and considers whether neurofeedback, biofeedback, or photobiomodulation sessions would help based on the findings.

- If a toxic metal reads high, the next step is rarely chelation. It is usually a provoked urine elements test to confirm body burden, followed by source removal.
- If an essential mineral reads low, the answer is rarely a single supplement. It is often a deeper question about diet, gut absorption, or cofactor balance.
- Ratios that point to a stress, thyroid, or adrenal pattern often warrant a hormone panel (DUTCH) or a microbiome screen (GI MAP), not a hair retest.

*We do not recommend reading this report on your own.  
The chart is honest; the interpretation needs context.*

# Five steps.

Once your kit arrives, the whole collection takes about ten minutes. The lab provides the scale and the resealable bag. You provide stainless steel scissors and a clean towel.



## STEP 01

### Fill in the form

Name, date of birth, and date of collection on the personal information form supplied with the kit.



## STEP 02

### Wash and dry

Wash your hands. Hair does not need washing immediately before collection.



## STEP 03

### Cut from five spots

Cut hair from five different areas around the back of your head, as close to the scalp as possible. Save only the 2.5 cm closest to the scalp from each cutting.



## STEP 04

### Weigh on the supplied scale

Place the saved hair on the small folding scale until the arm tips. The scale is calibrated to about 0.25 g.



## STEP 05

### Seal and ship

Place the hair in the resealable bag, seal it, put it in the return box, and ship via the supplied DHL label.

## ABOUT THE METHOD

# ICP-MS at Doctor's Data.

The lab is Doctor's Data in Illinois, USA. The instrument is inductively coupled plasma mass spectrometry (ICP-MS), the same technology used in environmental and forensic toxicology to measure trace elements at parts-per-million sensitivity.

Hair Elements has been a standard in functional and environmental medicine for over three decades. It does not replace clinical toxicology when an acute exposure is suspected, but it is the most accessible way to read several months of cumulative integration in one sample.

*Methodology references available on request. ICP-MS for hair element analysis: multi-decade clinical literature in environmental and occupational health.*

## What this does not show

Hair shows recent integration, not body stores. Elevated toxic metals on hair do not by themselves indicate that those metals are sitting in your bones, brain, or kidneys today; they indicate that your body had something to clear in the past several months. Confirming body burden requires a provoked urine elements test (with a chelating agent, under clinical supervision).

WHAT HAPPENS NEXT

# Four steps from order to consultation.

TODAY

## Order on [deepcare.ch](https://deepcare.ch)

Pay through the Stripe checkout linked from /kits. Confirmation arrives by email within minutes.

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WITHIN 3  
WORKING  
DAYS

## Kit ships

A small box arrives at your address with the scale, the form, the resealable bag, and the prepaid DHL return label.

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AT YOUR  
CONVENIENCE

## Collect and ship

Cut, weigh, seal, drop in DHL. Ten minutes of your time.

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10 DAYS  
AFTER  
ARRIVAL

## Results + Health Map call

We invite you to book a 60-minute video consultation with Dimitris when your report is in. You leave with a written priority list.

Order this kit

[deepcare.ch/kits](https://deepcare.ch/kits)