DEEPCARE

AT-HOME KIT

Hair Elements

A laboratory measurement of 39 elements in a small hair sample, with 5 calculated ratios. Cut the sample at home, weigh it with the supplied scale and return it to Doctor's Data. Your written Health Map is included.

PRICE	TURNAROUND	SAMPLE
CHF 219	10 days	Hair · 0.25 g

WHAT THIS MEASURES

39 elements + 5 ratios

A laboratory measurement of 39 elements in a small hair sample, with 5 calculated ratios. Cut the sample at home, weigh it with the supplied scale and return it to Doctor's Data. Your written Health Map is included.

Toxic metals	Aluminium · Antimony · Arsenic · Barium · Beryllium
Macrominerals	Calcium · Magnesium · Sodium · Potassium · Phosphorus
Trace minerals	Copper · Zinc · Manganese · Chromium · Vanadium
Additional elements	Boron · Lithium · Strontium · Germanium · Rubidium
Element ratios	Calcium / Magnesium · Calcium / Phosphorus · Sodium / Potassium · Zinc / Copper · Zinc / Cadmium

WHAT THE REPORT LOOKS LIKE

The sample laboratory measurements.

Synthetic example values, with no real patient data. Each row shows a measurement and the laboratory comparison interval.



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	

Within range · Approaching the edge · Outside range

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

Trace elements (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

Within range · Approaching the edge · Outside range

Additional elements (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

Element 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

HOW TO READ THE CHART

Reading the measurements.

Read each result with its unit and reference interval.

1. **The name.** Each row identifies the element, organism, hormone or compound measured.
2. **The unit.** The unit states how the laboratory expresses the measurement.
3. **The result.** This column gives the measurement for the submitted sample.
4. **The comparison interval.** The laboratory interval appears beside the result.
5. **Your written report.** Your questionnaire answers and email exchanges provide the information used for your personalised Health Map report.

YOUR INCLUDED HEALTH MAP

A personalised written report.

Every Deepcare kit includes a written Health Map report. It is prepared from personalised questionnaires, your results and email exchanges.

- After payment, the first personalised questionnaire arrives by email.
- Follow-up questions come by email or a further questionnaire when needed.
- The final report is written in your language: English, French or German.
- You receive it within 3 working days of your answers to the last questionnaire.

> *A written explanation you can keep and share with your GP.*

COLLECTION AT HOME

Collecting your hair sample.

Use the materials and collection schedule supplied with your kit. Follow the laboratory instructions for drying or storage and return shipping.

STEP 01

Record the sample details

Complete the laboratory form and label each sample with the requested details.

STEP 02

Cut and weigh the hair

Collect about 0.25 g of hair using the supplied instructions and scale.

STEP 03

Prepare the samples for return

Follow the laboratory instructions for drying, storage and packing. Use the supplied return materials.

STEP 04

Return to the laboratory

Send the samples with the included return label and keep the shipment reference.

ABOUT THE METHOD

ICP-MS at Doctor's Data.

Doctor's Data · ICP-MS.

The named compounds are measured in the submitted sample. Results are shown with the laboratory units and comparison intervals.

See the kit page on deepcare.ch for the full marker list and scientific references.

WHAT HAPPENS NEXT

How ordering works

TODAY

Order on deepcare.ch

Pay by card or TWINT. Your first personalised questionnaire arrives by email.

2 TO 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.

AT YOUR CONVENIENCE

Collect and ship

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

AFTER THE FINAL QUESTIONNAIRE ANSWERS

Your written Health Map

You receive it within 3 working days of your answers to the last questionnaire.

Order this kit

deepcare.ch/kits/hair-elements