

# Heavy Metals & Essential Elements Reference Ranges

Reference ranges are observed ranges based on collected laboratory data in non-provoked subjects. For more information, please contact ZRT Laboratory.

	<b>DRIED URINE Reference Ranges for Women/Men</b>	<b>BLOOD SPOT Reference Ranges for Women/Men</b>
<b>Arsenic (As)</b>	<42 µg/g creatinine*	N/A
<b>Bromine (Br)</b>	700-4800 µg/g creatinine*	N/A
<b>Cadmium (Cd)</b>	<0.72 µg/g creatinine*	<0.75 µg/L
<b>Copper (Cu)</b>	N/A	0.64-1.10 mg/L
<b>Iodine (I)</b>	100-380 µg/g creatinine*	N/A
<b>Lithium (Li)</b>	10-218 µg/g creatinine*	N/A
<b>Magnesium (Mg)</b>	N/A	29-51 mg/L
<b>Mercury (Hg)</b>	<1.58 µg/g creatinine*	<6.98 µg/L
<b>Selenium (Se)</b>	34-220 µg/g creatinine* Optimum 50-175	130-362 µg/L
<b>Zinc (Zn)</b>	N/A	5.06-8.57 mg/L
<b>Zn:Cu Ratio</b>	N/A	6.16-10.30

\*Results are expressed per gram of creatinine to correct for urine dilution.