

Elements Reference Ranges

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

Nutritional Elements	DRIED URINE Reference Ranges for Women/Men	BLOOD SPOT Reference Ranges for Women/Men
Copper (Cu)	N/A	0.79-1.14 mg/L
Iodine (I)	100-380 µg/g creatinine* Optimum 150-300	N/A
Magnesium (Mg)	N/A	36-57 mg/L
Selenium (Se)	34-220 µg/g creatinine* Optimum 50-175	170-318 µg/L
Zinc (Zn)	N/A	6.35-9.35 mg/L
Zn:Cu Ratio	N/A	6.6-10.2

Toxic Elements	DRIED URINE Reference Ranges for Women/Men	BLOOD SPOT Reference Ranges for Women/Men
Arsenic (As)	<42 µg/g creatinine*	N/A
Bromine (Br)	700-4800 µg/g creatinine*	N/A
Cadmium (Cd)	<0.72 µg/g creatinine*	<1.03 µg/L
Lead (Pb)	N/A	<2.50 µg/dL
Mercury (Hg)	<1.58 µg/g creatinine*	<5.37 µg/L

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