

# Heavy Metals & Nutrients 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	0.64-0.96 mg/L
Iodine (I)	100-380 µg/g creatinine*	N/A
Lithium (Li)	10-218 µg/g creatinine*	N/A
Magnesium (Mg)	N/A	28-46 mg/L
Selenium (Se)	34-220 µg/g creatinine* Optimum 50-175	132-247 µg/L
Zinc (Zn)	N/A	5.37-7.94 mg/L
Zn:Cu Ratio	N/A	6.6-10.8

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*	<1.04 µg/L
Lead (Pb)	N/A	<2.23 µg/dL
Mercury (Hg)	<1.58 µg/g creatinine*	<5.29 µg/L

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