

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.

	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
Copper (Cu)	N/A	0.59-1.03 mg/L
Gadolinium (Gd)	<0.33 µg/g creatinine*	N/A
Iodine (I)	100-380 µg/g creatinine*	N/A
Lead (Pb)	N/A	<2.23 µg/dL
Lithium (Li)	10-218 µg/g creatinine*	N/A
Magnesium (Mg)	N/A	27-49 mg/L
Mercury (Hg)	<1.58 µg/g creatinine*	<5.29 µg/L
Selenium (Se)	34-220 µg/g creatinine* Optimum 50-175	116-314 µg/L
Thallium (Tl)	<0.72 µg/g creatinine*	N/A
Uranium (U)	<0.1 µg/g creatinine*	N/A
Zinc (Zn)	N/A	5.04-8.46 mg/L
Zn:Cu Ratio	N/A	6.6-10.8

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