

# ZRT Comprehensive Toxic & Essential Elements Profile

**Price: \$199.00**

## **Short Description**

### **Heavy Metals and Essential Elements Test Kit**

ZRT Comprehensive Toxic & Essential Elements Profile measures 14 of the most common toxic heavy metals: and essential elements.

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### **Heavy Metals and Essential Elements Test Kit**

ZRT Comprehensive Toxic & Essential Elements Profile measures 14 of the most common toxic and essential elements.

**In blood spot::** Zinc, Copper, Magnesium, Selenium, Cadmium Mercury, and zn/Cu ratio.

**In Dried Urine:** Iodine, Bromine, Selenium, Lithium, Arsenic, Cadmium, Mercury, Creatinine,

Environmental pollutants are all around us - in the air we breathe, in the water we drink, in the food we eat, and in materials, we touch. This profile measures toxic heavy metals and reveals levels of certain nutritional elements.

These elements directly or indirectly impact thyroid hormone

synthesis and intracellular conversion of T4 to T3. While arsenic, mercury, and cadmium are known biological toxins, iodine, bromine, and selenium can potentially be toxic also if dietary intake, including excessive supplementation, is too high. Testing for these elements in urine provides an excellent assessment of the overall body burden of toxic elements and is an indicator of excessive or inadequate intake or supplementation of iodine and selenium.

## **Heavy Metals**

These pollutants can significantly increase our risk of developing conditions like dementia, infertility, diabetes, and cancer. They are also known to cause damage to the liver, kidneys, and brain, as well as the cardiovascular, nervous, and endocrine systems.

In excess, and when persistent, they can affect the synthesis and actions of hormones essential for managing our general health.

## **Essential Elements**

Overall, nutritional elements are only healthy when they are within optimal ranges. Levels of too low or too high can have detrimental effects on health. Therefore, it's important to know if these are outside their optimal ranges.

This comprehensive profile includes:

**Blood Spot Tests:** Zinc, Copper, Magnesium, Cadmium, Mercury, and Selenium

**Dried Urine Tests:** Iodine, Bromine, Selenium, Lithium, Arsenic, Cadmium, Mercury, Creatinine

This test measures for these essential elements, which can be hazardous in too high amounts: zinc, copper, magnesium, selenium, bromine, lithium, and iodine.

People who will especially benefit from elements testing include those who:

- Smoke
- Are exposed to heavy metals through work, hobbies, or dentistry
- Live in older homes or areas where metals may be present in drinking water
- Have thyroid-related health issues
- Are breastfeeding
- Have health issues that could result from nutritional deficiencies or imbalances of essential elements

To check your **thyroid hormones** in addition to elements, see our Canary Club combo test:

[Comprehensive Elements + Elite Thyroid + Iodine Panel](#)

### Test Includes

Lab	
ZRT	
Elements	
Arsenic	u/ yes
Bromine	u/ yes
Cadmium	bs/u yes
Cadmium	bs/u yes
Copper	bs yes
Creatinine	yes
Iodine	u yes
Lithium	u/ yes
Magnesium	bs yes
Mercury	bs/u yes
Mercury	u yes
Selenium	bs yes
Selenium	u yes
Zinc	bs/ yes
Sample Type	
Blood Spot	
Dried Urine	