

# VIBRANT HEAVY METALS



## Which Patients Need the Vibrant Heavy Metals Test?

Conditions and symptoms associated with heavy metal toxicity include:

- Neurological symptoms:
  - Cognitive decline, memory loss, ataxia, tremors, numbness, tingling, neuropathy, myopathy, Alzheimer's disease, multiple sclerosis, paralysis, Parkinson's disease, tinnitus, irritability
- Respiratory symptoms:
  - Lung disease, lung cancer, breathing problems, respiratory distress, pneumonia
- Cardiovascular and hematological symptoms:
  - Anemia, RBC abnormalities, hypertension, low blood pressure, hypokalemia, edema, cancers of the blood
- Gastrointestinal symptoms:
  - Nausea, vomiting, diarrhea, abdominal pain, reduced absorption of nutrients (particularly minerals), dry mouth, metallic taste, pancreatic cancer
- Skeletal and bone-related symptoms:
  - Osteoporosis, reduced bone mineral density
- Dermatological symptoms:
  - Dermatitis, eczema, dry skin, sweating, skin lesions, hyperpigmentation, hair loss, allergic skin reactions
- Renal and hepatic symptoms:
  - Renal failure, elevated liver enzymes, hepatic damage, hepatic failure, suppressed hepatic detoxification, elevated hepatic enzymes
- Reproductive symptoms:
  - Infertility, difficulty conceiving, birth defects, miscarriage



## Facts About Heavy Metal Toxicity

- Heavy metal toxicity is thought to affect over 1 million individuals annually, including children<sup>i</sup>
- Populations at greater risk of heavy metal toxicity include developing fetuses, children, and the immunocompromised, as well as individuals with impaired liver function and reduced antioxidant activity
- Heavy metals are present in all regions of the United States, and can accumulate in air, soil, and drinking or ground water sources in and around concentrated sources of heavy metals from industrial production or pollution<sup>iii</sup>
- Some professions and hobbies are at greater risk of heavy metal toxicity, including fuel, munitions, painting, rubber manufacturing, industrial smelting, mining, photographic processing, agriculture, semiconductors, welding, and waste or radioactive waste disposal sites<sup>ii</sup>
- The World Health Organization (WHO) considers 13 heavy metals of significance to human and environmental health: arsenic, cadmium, cobalt, chromium, copper, mercury, manganese, nickel, lead, tin, and titanium<sup>iv</sup>, however, there are other metals and metalloids that may be significant causes of health problems in humans.



## Clinical Connections

- Heavy metal toxicity is under-represented as a root cause of illness and disease in humans, and can affect virtually all biological systems within the human body
- Heavy metals may be the root cause of common neurological disorders, gastrointestinal disorders, autoimmune diseases, and disorders associated with increased oxidative stress and cellular dysfunction
- Due to the ability of many heavy metals to deplete critical nutrients such as antioxidants and minerals, the Vibrant Heavy Metals test should be run alongside a Vibrant Micronutrient panel, to assess both intra- and extracellular, as well as RBC, levels of commonly affected nutrients



## What Does the Vibrant Heavy Metals Test Include?

Vibrant’s Heavy Metals test includes measurement of the following metals and elements in urine:

Beryllium	Tin	Mercury
Aluminum	Tellurium	Lead
Nickel	Cesium	Thallium
Arsenic	Barium	Bismuth
Palladium	Gadolinium	Thorium
Cadmium	Tungsten	Uranium
Antimony	Platinum	

<sup>i</sup> Environmental Performance Index. Heavy metals 2018 report. 2018. Yale University, <https://epi.envirocenter.yale.edu/2018-epi-report/heavy-metals>

<sup>ii</sup> reference here for risk for toxicity

<sup>iii</sup> CDC. ATSDR: Toxic substances database. 2018. <https://www.atsdr.cdc.gov/substances/index.asp>

<sup>iv</sup> WHO. (2011). *Training Package for the Health Sector: Adverse Health Effects of Heavy Metals in Children*. World Health Organization. Retrieved from [http://www.who.int/ceh/capacity/heavy\\_metals.pdf](http://www.who.int/ceh/capacity/heavy_metals.pdf)



## About Vibrant Wellness

Vibrant Wellness is a personalized health analytics company founded out of our passion to provide you and your physician high-quality convenient services by using advanced innovative technology. Our technology allows us to guarantee accurate test results with quick turnaround times.



1(866) 364-0963  
[support@vibrant-wellness.com](mailto:support@vibrant-wellness.com)



[www.vibrant-wellness.com](http://www.vibrant-wellness.com)



1360 Bayport Ave. Ste. B  
San Carlos, CA 94070

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### Regulatory Statement

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC, a CLIA and CAP certified laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.

