

TOXIC HEAVY METALS (URINE)

DESCRIPTION

Exposure to toxic levels of many different heavy metals can have serious consequences for a person's health. This is especially true for people who do not realize they are being exposed. People come into contact with heavy metals in many ways. They may be exposed from the environment, through foods they eat, or through their jobs.

Heavy metal toxicity causes damage to lung, kidney, liver, or brain functions. Exposure to toxic levels of heavy metals may damage blood vessels and impair the body's ability to produce red and white blood cells. Many heavy metals are even recognized to cause certain types of cancer.

The **Toxic Heavy Metals (Urine)** test will analyze your urine sample for the presence or absence of twenty-one (21) different toxic heavy metals. The report you receive will identify whether the levels detected are within normal limits, or may be cause for concern.

This test requires a standard urine sample that can be collected at the Any Lab Test Now store location of your choice.

This test is intended to detect the following:

- Aluminum
- Arsenic
- Antimony
- Barium
- Bismuth
- Cadmium
- Cesium
- Gadolinium
- Germanium
- Lead
- Mercury
- Nickel
- Niobium
- Platinum
- Rubidium
- Thallium
- Thorium
- Tin
- Titanium
- Tungsten
- Uranium

WHY DO I NEED THIS TEST?

For Consumers:

The **Toxic Heavy Metals (Urine)** test is recommended for consumers concerned about their exposure to any of the metals in this panel.

For Employers and Staffing Agencies:

The **Toxic Heavy Metals (Urine)** test is recommended for employers who need to monitor exposure to any of the listed metals in their employees.

WHAT DO I NEED TO DO TO PREPARE?

Drink 8-12 oz. of fluid 30 minutes prior to the test.

IS IT SAFE TO TAKE THIS TEST IF I AM PREGNANT?

Yes.

SHOULD CERTAIN FOODS BE AVOIDED BEFORE TAKING THIS TEST?

Yes. Please avoid seafood consumption for 48 hours before providing your sample.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Results are typically available within 3-5 days.

WHO HAS ACCESS TO MY RESULTS?

Test results always belong strictly to the donor, except in the case of a minor child or an employer or court-ordered test. The donor may also provide written authorization for test results to be provided to one or more third parties, if necessary.

IS A DOCTOR'S ORDER REQUIRED?

No. We provide the doctor's order when necessary.

WHO CAN I CONTACT IF I HAVE QUESTIONS ABOUT MY RESULTS?

Test results should be discussed with your primary care physician.

Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.