

# Heavy Metal Screening Procedure

## Testing Samples

The Heavy Metal Screening Test was developed by Nissen Medica Inc. as an easy, accurate home-based process to determine the presence of toxic heavy metals in your body and/or environment. The exploratory procedure is based on the dithizone reagent, which has been known to chemical science for more than 60 years.

Use of the Heavy Metal Screening Test is intended as an aid in understanding your body's heavy metal detoxification capacities and may serve as an early indicator of heavy metal intoxication. Heavy Metal Screening Test identifies the following metals: **zinc, copper, mercury, lead, cadmium and nickel.**

The information and the test kit provided is for general educational purposes only. The test is not intended to replace advice from a competent and knowledgeable healthcare professional. If you are experiencing serious symptoms (nausea, vomiting, headaches, sweating, difficulty breathing, convulsions, and trembling) or you believe you have acute heavy metal poisoning, contact your health care provider immediately. Seek qualified healthcare advice for the treatment of any illness or disease.

The Heavy Metal Screening Test is designed to be an effective component of your comprehensive health regime. Used in concert with other therapies proven to minimize the effects of environmental pollution, Heavy Metals Screening Test allows you, the health conscious consumer, to accurately assess your wellness action plan and take control of your health!

The Heavy Metal Screening Test is a **screening test for zinc, copper, mercury, lead, cadmium and nickel.** *These are not the only toxic heavy metals that our bodies can be challenged with.* The [Metals Urine Test, by the Great Plains Laboratory,](#) is available to test your urine for urinary excretion of nutrient mineral elements and toxic metals, including "classic" toxics such as lead, mercury, and arsenic. This is an ideal test for those suspected of toxic element exposure as well as potential nutrient mineral wasting.

**Step 1** Avoid fish, vitamin and mineral supplements for at least 24 hours.



# Heavy Metal Screening Procedure

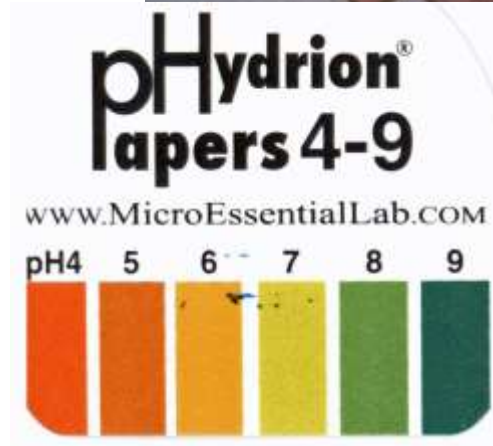
**Step 2** Collect your first morning urine sample in a clean container.



**Step 3** Test the pH of your urine. Quickly dip a small piece of pH paper into and out of your urine. Instantly compare the color of the paper to the pH chart provided.



Use the chart to the right to compare your urine pH.



# Heavy Metal Screening Procedure

**Step 4** If your urine pH is 6.5 or higher you may continue to the Step 5.

If you urine pH is less than 6.5 your urine is acidic and you may not be eliminating metals properly. You should buffer your body, step 4a, to improve the removal of heavy metals and accuracy of the Heavy Metal Screening Test.

Step 4a

If you need to buffer your body for a couple of days:

- Consume 5 cups of vegetables and fruit the day prior to your morning urine collection.
- Take calcium 500mg and magnesium 250mg twice daily
- Mix two teaspoonfuls of baking soda into 4 oz of carbon filtered or purified water and drink prior to going to bed.
- Return to Step 2

**Step 5** Pour the test solution from the small v-shaped vial into the larger test tube.

Place one small square Test Paper into test tube solution and screw the cap on the test tube.



**Step 6** Shake test-tube gently until solution turns green.(Within 30 seconds)



**Step 7 Step 7 A.**

Add 1 ml of urine, with the help of the pipette, into to test tube. The test tube is now filled up to the 2 ml line.

Screw the cap on the test tube.

Shake the test tube vigorously for 15 seconds, stop and allow the solution to react for 30 seconds.



# Heavy Metal Screening Procedure

Compare the color chart below.

If the top color changes from green to any color you are **EXTREMELY** toxic in one or more heavy metals. You should determine the source of toxic metals, remove the source, and chelate the toxic metals from your body.

If the top color band remains green proceed to Step 7 B.

## **Step 7 B.**

Add 1 ml of the urine, with the help of the pipette, into the test tube. The test tube is now filled up to the 3 ml line.

Screw the cap on the test tube.

Shake the vial vigorously for 15 seconds, stop and allow the solution to react for up to 30 seconds.

If the top color changes from green to any color you are **VERY** toxic in or more heavy metals. You should determine the source of toxic metals, remove the source, and chelate the toxic metals from your body.

If the top color band remains green proceed to Step 7 C.

## **Step 7 C.**

Add 1 ml of the urine, with the help of the pipette, into the test tube. The test tube is now filled up to the 4 ml line.

Screw the cap on the test tube.

Shake the test tube vigorously for 15 seconds, stop and allow the solution to react for up to 30 seconds.

If the top color band changes from green to any color you are **MODERATELY** toxic in or more heavy metals. You should determine the source of toxic metals, remove the source, and chelate the toxic metals from your body.



# Heavy Metal Screening Procedure

If the top color band remains green proceed to Step 7 D.

## **Step 7 D.**

Add 1 ml of the urine, with the help of the pipette, into the test tube. The test tube is now filled up to the 5 ml line.

Screw the cap on the large test tube.

Shake the test tube vigorously for 15 seconds, stop and allow the solution to react for up to 30 seconds.

Observe the band/ring of color at the top of the solution and compare with the Color Comparison Chart below.

If the top color changes from green to any color you are toxic in or more heavy metals. You should determine the source of toxic metals, remove the source, and chelate the toxic metals from your body.

**If the color remains green you are not toxic in the metals tested.**

# Heavy Metal Screening Procedure

Urine Heavy Metal Screening Chart

						
None	Copper	Zinc	Cadmium	Lead	Mercury	Nickel

## Record your Urine Heavy Metal Screening Results

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Treatment: \_\_\_\_\_

Repeat Test Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Treatment: \_\_\_\_\_

Repeat Test Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Treatment: \_\_\_\_\_

Repeat Test Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

Treatment: \_\_\_\_\_

Repeat Test Date: \_\_\_/\_\_\_/\_\_\_\_\_ Result: \_\_\_\_\_

# Heavy Metal Screening Procedure

## Interpretation

Any color change from green, viewed directly on the liquid surface level of the test tube, represents the presence of free metal ions. Compare with the color chart to find the degree of metal concentration.

Heavy Metal Screening Test reagents only bind to the unbound or free metal ions - metals which have not been neutralized by the body. In a healthy body with a well-functioning detoxification system, there should be no free heavy metals found in the urine. Heavy metal ions present in food, amalgam fillings, tap water, bathing water, pools, hot tubs, dust, dishware, etc. may contribute to heavy metal intoxication.

The color chart indicates the presence of metals. All free metal ions are toxic to our body. Free or unbound metals increase free radical production a million times - free radicals have been linked to all degenerative diseases, including cancer. If your self-test shows the presence of free heavy metals, a detoxification chelation process should be undertaken and all potential sources of contamination should be tested and eliminated. Use Heavy Metal Screening Test to assess the effectiveness of your detoxification and water filtering process.

\*When testing urine, test results indicating no metals present suggest one of two possibilities. Either the test liquid is indeed free of heavy metals, or the body is subject to advanced metal toxicity in which the body's capacity (through liver, kidneys, intestine, etc.) to cope with free metal ions is totally exhausted. If other members of your household have heavy metal concerns consult your health care professional for further investigation.

---

I'm available for Natural Care Consultations via telephone at established office charges. Please call 405.919.1982 to schedule a consultation if you have a need for additional information and guidance.

---

# Heavy Metal Screening Procedure

## Water Heavy Metal Screening Test Procedures

**Water Test**      Add 7ml of water to the prepared test tube (8 ml line). Shake vigorously for 15 seconds. Color change occurs immediately.

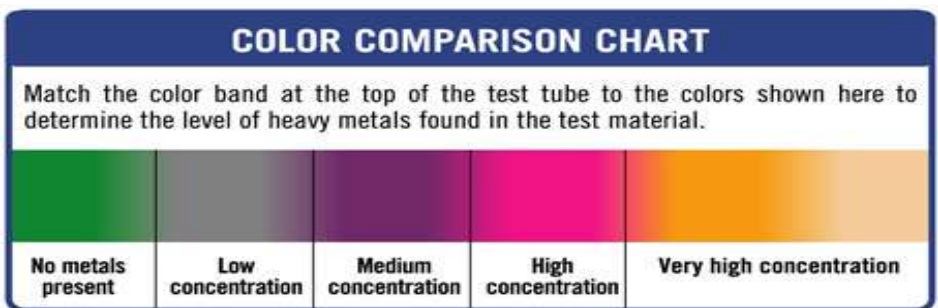
**Dust, food, beverage, plastic, etc.**      Take small amounts of desired material with 30ml of distilled water. Let it stand for 24 hours, filter particles and test water as described above.

Color remains green:  
No heavy metal ions

Color turns to any other color: heavy metals are present



### Metal Concentration Chart



### Interpretation

Any color change from green, viewed directly on the liquid surface level of the test tube, represents the presence of free metal ions. Compare with the color chart to find the degree of metal concentration. A white or clear color indicates a very high amount of heavy metals, including chlorine or chloramine, which oxidized or completely used up the reagent.

**A pink color typically indicates moderate to high levels of copper ions in the water.**

Heavy Metal Screening Test reagents only bind to the unbound or free metal ions - metals which are easily absorbed into the body. Heavy metal ions should not be present in food, drinking water, bottled water, bathing water, pools, hot tubs etc. The color chart indicates the concentration of metals only; the type of metal present is secondary, since all free metal ions are toxic to our body.

### Water Heavy Metal Screening Results

Water Source:  Tap  Bath/Shower  Filtered Result: \_\_\_\_\_

Water Source:  Tap  Bath/Shower  Filtered Result: \_\_\_\_\_

Water Source:  Tap  Bath/Shower  Filtered Result: \_\_\_\_\_

Water Source:  Tap  Bath/Shower  Filtered Result: \_\_\_\_\_