

Your Mineral Profile, Explained

What could a personalised hair mineral report look like? Explore an illustrative set of measurements, discover how mineral ratios are calculated, and see the kinds of questions you could bring to a consultation.

THIS SAMPLE IS

A fictional example created to demonstrate the style and clarity of a DrSheikh report

In 30 seconds

- A hair mineral profile presents laboratory measurements of selected elements found in a hair sample.
- Different minerals can be compared numerically; for example, calcium ÷ magnesium creates a Ca/Mg ratio.
- A personalised interpretation should explain the measurements in plain English and consider nutrition, supplements and health history.
- This example shows what a clear report can look like; it does not depict an actual laboratory analysis.

What is inside?

01 Mineral measurements and an accessible visual overview

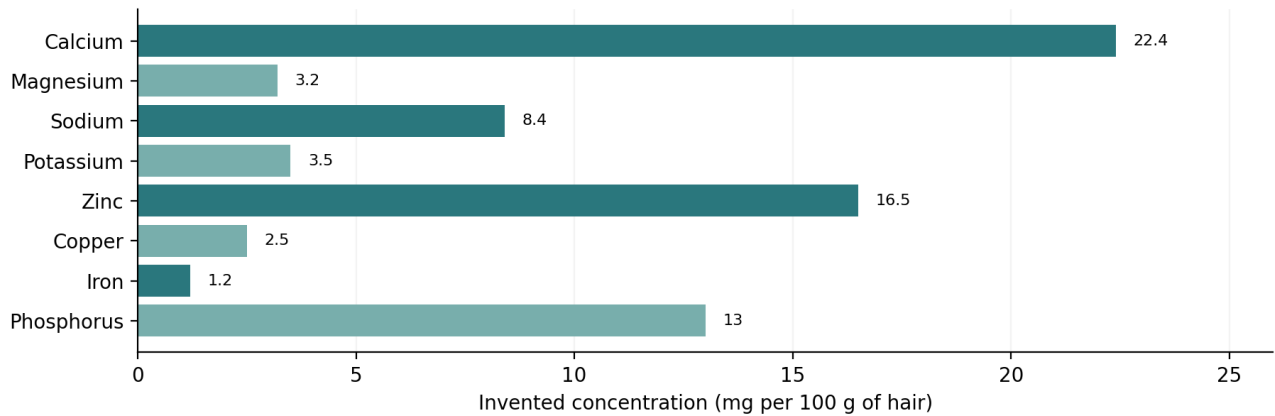
02 Mineral ratios explained with real arithmetic and fictional values

03 Practical questions to explore, plus the next step

All numerical values and charts in this sample were invented for demonstration. No laboratory reference intervals are claimed or implied.

01 Meet the minerals

Imagine receiving a report listing the amounts of selected elements measured in a sample of hair. The graph below demonstrates one way DrSheikh could make such a table easier to understand.



Illustrative concentrations in mg/100 g of hair, using invented data. Graph lengths compare the fictional numerical measurements only; they do not indicate normality, deficiency or benefit.

What might you explore?

Magnesium + calcium. Both support normal muscle and nerve physiology. A hair report can show their measured levels; it cannot establish from those levels alone why a muscle cramps.

Sodium + potassium. Both are important for electrical signalling and fluid physiology. Their measurements in hair are distinct from clinical blood electrolyte tests.

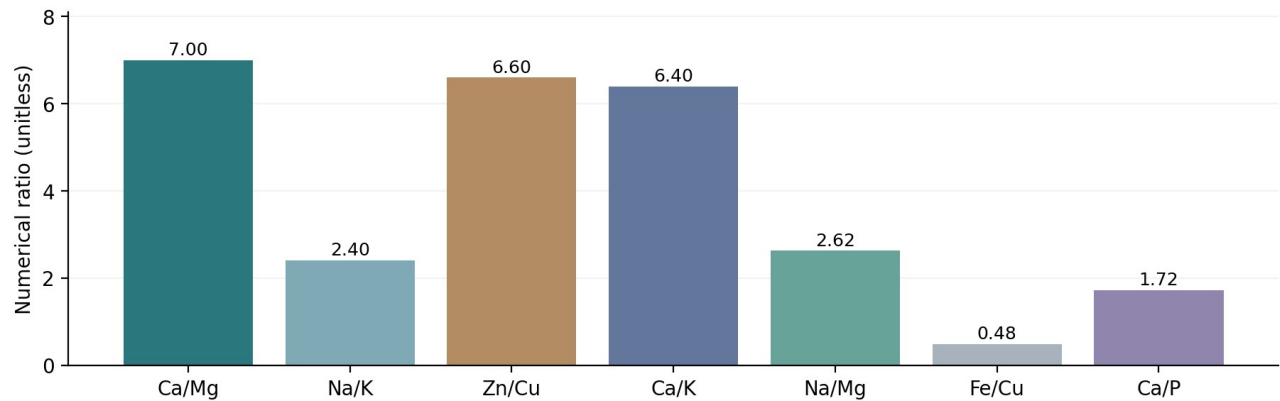
Zinc + copper. Both support enzyme systems. Examining two results together can generate questions about nutrition and supplement use.

Beyond the headline minerals

A wider profile might also include phosphorus, iron, manganese, selenium, chromium and molybdenum. Their roles in human physiology are interesting; the result in hair must be interpreted in its own context.

02 Explore the relationships

Some HTMA reports show mineral ratios. The values below are calculated by dividing one fictional hair measurement by another — nothing more, and nothing less.



Seven arithmetic ratios calculated from the fictional measurements in the approved analytical workbook; rounded to two decimals. No diagnostic or “optimal” ratio thresholds are shown.

Three quick insights

Ca/Mg = 7.00 The example calcium measurement is seven times the magnesium measurement. This does not prove high or low body mineral status.

Na/K = 2.40 The example sodium measurement is 2.4 times the potassium measurement in hair. It is not a blood sodium-to-potassium ratio.

Zn/Cu = 6.60 The zinc figure is 6.6 times the copper figure. It is a starting point for understanding a chart, not a standalone health verdict.

Why include these ratios?

They can make a report more engaging by bringing related measurements into one view. Some HTMA interpretation systems attach physiological labels to particular ratios; those labels are not automatically validated diagnoses. DrSheikh can explain the distinction clearly while exploring the actual measurements.

03 From numbers to a conversation

A report becomes useful when it makes sense to you. The numbers can prompt an informed discussion rather than leave you guessing what an unfamiliar graph means.

Questions worth asking

- Which elements were measured, and what do the laboratory-specific ranges mean?
- What does my diet look like, including regular sources of essential minerals?
- Could my supplements, medicines or hair treatments affect how my results are discussed?
- Are there symptoms or concerns for which a separate clinical assessment would be more informative?
- If I repeat a sample later, how should I compare it with the first one?

The DrSheikh difference

YOUR DATA	A personal laboratory profile, presented in a way you can understand
YOUR QUESTIONS	Diet, lifestyle and supplement history considered alongside your goals
YOUR NEXT STEP	An interpretation and nutrition discussion tailored to the service you select

Curious about your own mineral picture?

Discover the DrSheikh HTMA service, what is included, and how a personalised consultation works.

Explore Hair Tissue Mineral Analysis at DrSheikh.net

<https://drsheikh.net/pages/hair-tissue-mineral-analysis-htma>

ABOUT THIS SAMPLE • This publication illustrates report presentation with wholly fictional values, not a real patient or laboratory case. It cannot be used to determine mineral deficiencies, diagnoses or treatments. Actual HTMA measurements require the issuing laboratory's units and reference information, and appropriate professional context. The exact contents of DrSheikh's paid offer are described on its service page.