



HEAVY METAL TOXICITY TEST

NO.	SYMPTOMS	SCORE
01.	Unexplained Irritability	
02.	Constant or Very Frequent Periods of Depression	
03.	Numbness and Tingling in Extremities	
04.	Frequent Urination During the Night	
05.	Unexplained Chronic Fatigue - Tiredness	
06.	Cold and/or Hot Hands and Feet Even in Moderate Weather	
07.	Frequent Bloating Feeling	
08.	Poor Memory or Brain Fog	
09.	Sudden, Unexplained Anger	
10.	Constipation on a Regular Basis	
11.	Difficulty Making Simple Decisions	
12.	Tremors or Shakes of Hands, Feet, Head, Etc.	
13.	Muscle Twitches of the Face and Other Muscles	
14.	Frequent Leg Cramps	
15.	Frequent Ringing in Ears	
16.	Get Out of Breath Easily	
17.	Frequent Heartburn	
18.	Excessive Itching	
19.	Unexplained Rashes, Skin Irritation	
20.	Constant/Frequent Metallic Taste in Mouth	
21.	Jumpy, Jittery, Nervous	
22.	Suicidal Thoughts or Constant Death Wish	
23.	Frequent Insomnia	
24.	Unexplained Chest Pains	
25.	Constant or Frequent Pain in Joints	
26.	Rapid Heart Rate	
27.	Unexplained Fluid Retention/Swelling	
28.	Burning Sensation on the Tongue	
29.	Headaches After Eating	
30.	Frequent Diarrhea	
		TOTAL

SCORE <30 - LOW LIKELIHOOD OF HEAVY METAL TOXICITY
SCORE >30 - HIGH LIKELIHOOD OF HEAVY METAL TOXICITY