

# Heavy Metal Screen Test

The **Heavy Metal Screen Test** is an easy, accurate home-based process to determine the presence of heavy metals in your body. The exploratory procedure is based on the dithizone reagent, which has been known to chemical science for more than 60 years.

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

The information the kit provides is for general educational purposes only. The screen 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, 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.

## Test Kit Components

- > 1 test tube containing small amount of a buffer
- > 1 small vial containing 1ml of Testsol
- > 1 small 7x7mm test paper inside brown plastic bag
- > 1 pipette (dropper)
- > instruction sheet / comparison chart

## TEST PREPARATION FOR SCREENING

**DO NOT TAKE MINERALS SUPPLEMENTS OR VITAMINS FOR 24 HOURS BEFORE TESTING.**

**STOP ALL METAL DETOX OR DETOXIFICATION THERAPIES FOR AT LEAST 24 HOURS BEFORE TESTING.**

### WHEN TESTING FOR URINE

Collect a small amount of first morning discharge.

**Safety Information:** *Keep out of reach of children. TESTSOL contains oils that present no health risk. However, should skin or eye contact occur, rinse thoroughly with water. If swallowed, rinse out mouth with water and drink plenty of water. Consult your physician in case of complaints. Store at room temperature. Content can be disposed of in the toilet.*

*Reagents used in the test are bio-degradable, harmless and are of natural origin (Pineoil-extrac). Test paper is light sensitive. Keep inside the box.*

## SCREENING INSTRUCTIONS

### Step 1

1 Open test-tube and add content of the small vial (Testsol) into the test-tube.



2 Place the square of test paper on the bottom of the test tube and close it.



### Step 2

1 Shake gently for 30 seconds – the reagent in the tube will turn green.



### Step 3

1 Using the pipette, add liquid solution (urine) to the 3ml line on the tube. Close the tube and shake **vigorously** for 15 seconds.  
2 Allow to stand for 2-3 minutes.



### Step 4

1 Observe the band/ring of color at the top of the solution and compare with the color chart.



2 If the color stays green, no heavy metals are present\*.



Note: In order for the test to function correctly, the reagent in the test-tube must first turn green. After 10 minutes the test reagent (color band/ring on top) will turn into a yellow-orange color, which is caused by the regular decomposition of the dithizone reagent and must be ignored.

## COLOR COMPARISON CHART

Match the color band at the top of the test tube to the colors shown here to determine the level of heavy metals found in the test material.

No metals present	Low concentration	Medium concentration	High concentration	I	II

## INTERPRETATION

Any color change from green, viewed directly on the 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.

The screen test measures the elimination of free zinc, copper and lead ions in the urine. Mercury, cadmium, nickel, cobalt and manganese ions are also detected.

Heavy metal ions present in food, amalgam fillings, tap water, dust, dishware, etc. contribute to heavy metal intoxication and overburden the body's detoxification capacities.

The color chart indicates the concentration of metal. The type of metal present is secondary since all free metal ions are toxic to our body.

If your self-test shows the presence of free heavy metals, a detoxification process should be undertaken and all sources of contamination should be eliminated. Use the **Heavy Metal Screen Test** to assess the effectiveness of your detoxification process.

*\* If the test shows a yellow to a light yellow color (I or II) the test results must be ignored. Due to high oxidation of the urine, the test reagent has been altered.*

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