



HTMA Resource Guide

Analyzing HTMA: A Step-by-Step Guide to Analysis & Formulation

- 1. Pattern:** Look at the overall pattern and take note of what stands out; reference the [Mineral Optimal Numbers](#) chart. Is there a calcium shell? Extreme highs or lows? Look at the ratios and assess what is happening (stress chronic or acute?).
- 2. Metabolic Type:** Look at the metabolic type and take note of the implications. Determine where they fit on the spectrum of their subtype based on the levels and ratios that you're seeing.
- 3. Copper Toxicity:** Are there issues with copper? First, check to see if copper is overt ($\text{Cu} > 2\text{mg}\%$). If not, complete the [Copper Toxicity Checklist](#) (included in this guide) to determine if there is hidden copper.
- 4. Iodine Insufficiency:** Is there a need for iodine? Complete the [Iodine Deficiency Checklist](#) (included in this guide) to determine whether iodine would be supportive or not for your client. Be sure to consider Ca levels as iodine can be very decalcifying.
- 5. Toxic Elements:** Assess toxic elements and take note of what stands out. Consult the [Toxic Element Reference Guide](#) (included in this guide) to determine potential sources of exposure so it can be reduced as well as to bring in the nutrients what will be the most supportive.
- 6. Retest/Other Tests:** Is this a re-test? If so, how has the pattern changed and what do those changes signify? Is there any other testing that can help paint a clearer picture?
- 7. Choose your Base:** Choose the most appropriate Vykon Customs base formula for the mineral pattern presented by referencing the [Typical Patterns](#) document, (keep in mind this may not necessarily match the Metabolic Type). Reference the [Mineral Optimal Numbers](#) chart again and consult the [Choose Your Base Guide](#) located on your Vykon Customs Practitioner Dashboard.
- 8. Add-Ons:** Customize the base formula by selecting add-ons to support your client's individual needs. Refer to our [Add-On Cheatsheet](#) (included in this guide) for more information.
- 9. Binder:** Because we use therapeutic dosing, a binder is essential when using our Customs. Determine which binder will be most appropriate. More sensitive clients and those with high levels of copper, heavy metals, or other individual elements would benefit from following our [Reverse Zeolite Titration Guide](#), (included in this guide).
- 10. How to Use Vykon:** Familiarize yourself with our products. Consult the [Mineral Balancing 101: Using Vykon Custom Products](#) document (included in this guide) to learn more about titration, binders, base flavour options and more. Review the [Mineral Balance Roadmap](#) (included in this guide) which brings you through supporting your client through herxing reactions.
- 11. Documents for Clients:** Feel free to share the [Have you Taken you're Vykon Today](#) document and [Getting Started with Vykon Customs](#) (included in this guide) with your client which will give them useful information about the product.

- 12. Bonus:** Add Vykon Customs branding to your website using the [Vykon Customs Authorized Badge](#) package, (located on the Vykon Customs website) so you stand out as a Vykon Customs practitioner. Use the included [Vykon Customs Authorized Badge Style Guide](#) (included in this guide) to use the badge the best way possible on your website.

Streamline your reordering process by becoming a Vykon Supplements Affiliate HERE!

Clients can conveniently restock retail products—like collagen, magnesium, omega-3s, and more—through our retail website, completely on their own. **Best of all, you earn a commission on every purchase.** (**Please note:** Commissions do not apply to custom formulas.)

Mineral Optimal Numbers

Mineral	TEI Reference Ranges	Optimal Ranges	Optimal Levels
Calcium (Ca)	22 – 104	38 – 48	42.00
Magnesium (Mg)	1.3 – 9.4	4.0 – 8.0	6.00
Sodium (Na)	3 – 34	16 – 30	24.00
Potassium (K)	2 – 23	6 – 14	10.00
Copper (Cu)	0.9 – 3.2	1.0 – 2.0	2.00
Zinc (Zn)	9 – 22	14 – 18	16.00
Phosphorus (P)	10 – 21	14 – 18	16.00
Iron (Fe)	0.5 – 2.0	1.2 – 1.8	1.80
Manganese (Mn)	0.012 – 0.112	0.02 – 0.10	0.06
Chromium (Cr)	0.02 – 0.08	0.03 – 0.07	0.05
Selenium (Se)	0.04 – 0.12	0.06 – 0.10	0.08
Boron (B)	0.00 – 0.83	0.30 – 0.70	0.50
Cobalt (Co)	0.000 – 0.005	0.002 – 0.004	0.003
Molybdenum (Mo)	0.001 – 0.009	0.003 – 0.007	0.005
Sulfur (S)	3915 – 5528	4300 – 5000	4722
Rubidium (Rb)	0.0017 – 0.0244	0.0060 – 0.0140	0.0100
Lithium (Li)	0.002 – 0.006	0.002 – 0.006	0.004

Significant Ratios	TEI Reference Ranges	Optimal Ranges	Optimal Ratios
Ca/P – Metabolic or Oxidation Ratio	1.60 – 3.60	2.40 – 2.80	2.60
Na/K – Vitality or Stress Ratio	1.40 – 3.40	2.20 – 2.70	2.40
Ca/K – Thyroid Ratio	2.20 – 6.20	3.80 – 4.40	4.20
Zn/Cu – Hormone Ratio	4.00 – 12.00	7.00 – 9.00	8.00
Cu/Mo – Copper Imbalance Ratio	450 – 850	450 – 800	625
Na/Mg – Adrenal Ratio	2.00 – 6.00	3.50 – 5.00	4.00
Ca/Mg – Blood Sugar Ratio	3.00 – 11.00	5.50 – 8.50	7.00
Fe/Cu – Infection Ratio	0.20 – 1.60	0.80 – 1.10	0.90

VYKON CUSTOMS:

HTMA Subtypes Cheatsheet

Subtype	Adrenals	Thyroid
Fast 1/ Slow 4	▲	▲
Fast 2/ Slow 2	▲	▼
Fast 3/ Slow 3	▼	▲
Fast 4/ Slow 1	▼	▼

VYKON CUSTOMS:

Copper Toxicity Checklist for HTMA

	Yes	No	Total Markers/12
Calcium $\geq$ 50mg%	☐	☐	
Sodium $\leq$ 12mg%	☐	☐	
Potassium $\leq$ 4mg%	☐	☐	
Copper $\leq$ 1.5mg% or $\geq$ 2.0mg%	☐	☐	
Phosphorus $\leq$ 12mg% or $\geq$ 20mg%	☐	☐	
Zinc $\leq$ 12mg% or $\geq$ 20mg%	☐	☐	
Ca/K $>$ 10.10	☐	☐	
Na/K $<$ 2.10	☐	☐	
Zn/Cu $<$ 6.10 or $>$ 12.10	☐	☐	
Hg $\geq$ 0.02mg%	☐	☐	
Cu/Mo $>$ 850	☐	☐	
History of Exposure (if YES = checkmark)	☐	☐	

Iodine Deficiency Checklist for HTMA & Bloodwork

Markers on HTMA Test:

- $\text{Ca} \geq 50\text{mg}\%$
- $\text{K} \leq 4\text{mg}\%$
- $\text{Cu} \leq 1.5\text{mg}\%$ or $\geq 2.0\text{mg}\%$
- $\text{Se} \leq 0.08\text{mg}\%$
- $\text{Hg} \geq 0.02\text{mg}\%$
- $\text{Li} \leq 0.004\text{mg}\%$
- $\text{Ca/K} > 10.1$

Blood Markers to Evaluate

- tT3/ rT3 – Optimal Range 10 – 14
- In Canada, remember that if tT3 is in nmol/L , it will need to be converted to ng/dL .
- $1 \text{ nmol/L} = 0.0154 \text{ ng/dL}$
- Take nmol/L number and divide by 0.0154 to find number in ng/dL prior to calculating.
- < 10 Potential conversion issue – look at fT4/ fT3 , if > 4.0 then YES
- > 14 Absolute deficiency
- If tT3/ rT3 is < 10 (assess liver function, toxic metals)

Toxic Element Reference Guide

Element	Sources	Symptoms	Specific Strategies
ANTIMONY (Sb)	- Antimony can be found in alloys for manufacturing lead storage batteries, sheet and pipe metal, bearings, castings and pewter - It is also widely used in flame retardants in plastics and textiles - Pottery glazes - Bedding and children's pajamas must be treated and by law this does not have to be stated on the label - Antimony compounds have been used as medicines since their introduction in the 14th century - Naturally occurring in the earth's crust, they may be released into the environment by natural discharges such as windblown dust, volcanic eruptions, sea spray, forest fires, etc.	- Chronic exposure to antimony may cause respiratory, cardiovascular, gastrointestinal, dermal and reproductive effects - Muscle tension - Heart arrhythmias - Balance Issues - Rashes - Digestive issues	- Alpha Lipoic Acid - TMG - B12 - Folic Acid - Magnesium - Potassium - CoQ10 - Carnitine - Hawthorne Extract
URANIUM (U)	- Geographic regions will have higher levels of uranium, primarily those with granite deposits - Mining and milling operations - Industrial manufacturing, some use depleted uranium for production of aircraft parts, ammunition - Phosphate fertilizer - Waste from nuclear plant run off - Foods grown in soils high in uranium - Water from areas with high uranium exposure	- Prolonged exposure will cause abnormal renal function - Lung irritation when inhaled - Dermal irritation - Accumulates largely in bone but is deposited in liver and kidneys	- If high in geographical region make sure they are filtering all water, especially if they are drinking from a private well (Pure Effect or Berkey) - Wash the skin of all root vegetables thoroughly or peel - Test home for radon and add ventilation, if necessary - Add Iron supplement - Drink distilled water

ARSENIC (As)	- Organic arsenic (arsenate) is found in a variety of foods - Inorganic arsenate is found in brown rice, pesticides, herbicides, beer, table salt, water, paints, cosmetics, pigments, rat poison, glass and mirror manufacture, fungicides, wood preservatives and commercial chicken feed - Semiconductor manufacturing - Contaminated drinking water from private wells	- Acute toxicity may appear as: gastroenteritis, hypotension, cough, chest pain, headache, delirium, seizures, renal failure - Subacute: reversible sensorimotor polyneuropathy - Chronic: diffuse or spotted hyperpigmentation, skin cancer on palms, soles and abdomen, warts, lung and bladder cancer, ringing in the ears	- Alpha Lipoic Acid - B12 - B9 - TMG - Potassium - Magnesium - Selenium - Zeolite
BERYLLIUM (Be)	- Used in aerospace, semiconductor and nuclear applications - Some off-gassing sources: electronics, tobacco smoke, fertilizers and sewage - Used in dental alloys	- Cancer - May cause amplified immune responses - Lung cancer in acute and chronic stages	- Correcting mineral balance for Copper Toxicity - Magnesium - Selenium - EDTA
MERCURY (Hg)	- Fish – small fish have less mercury contamination - Fungicides, pesticides - Disinfectants, Ajax - Metal fillings - Vaccines, allergy shots - Tattoos - Medications – diuretics, Mercurochrome, Merthiolate, Preparation H, contact lens solution	- Symptoms can be extremely varied: - It affects the kidneys, liver, brain, endocrine glands and muscular system - Mental illness - Neuromuscular diseases (Multiple Sclerosis) - Depression, fatigue, anxiety, weight loss, impairs energy production in all cells of the body - Immune system dysfunction, adrenal gland dysfunction - Insomnia	- Watch for food exposure - Selenium - Zinc - Potassium - Magnesium - Alpha Lipoic Acid - Carnitine - CoQ10 - Allicin
CADMIUM (Cd)	- Food grown in contaminated soil - Ocean fish – shellfish - Refined and processed foods - Cigarette smoke, marijuana smoke - Cigarette papers	- Causes strong inhibition of essential enzymes in the Krebs cycle (energy) - Inhibits the release of acetylcholine – tendency for hyperactive of the CNS - Directly damages nerve cells - Contributes to arthritis, osteoporosis	- Avoid zinc depleting behaviours: alcohol consumption, vegan/vegetarian diets, chronic stress, excessive caffeine intake - Support zinc, if needed on HTMA - Vitamin C

	- Contaminated drinking water (well) - Occupational exposure – batteries, semiconductors, dental materials - Air pollution – incineration of rubber tires, plastic and paints - Motor oil and exhaust fumes from cars	- Replaces zinc in arteries making them inflexible and brittle - Cancer - Impaired circulation, hypertension and heart failure - Interferes with the production of digestive enzymes - Cavities from alterations to calcium and Vitamin D - Learning disorders - Will also drive copper into the tissues which can reduce Copper Toxicity symptoms but make the person more toxic	- Thiamine (B1) - Alpha Lipoic Acid - Potassium - Vitamin E - Magnesium - Carnitine - CoQ10 - Tyrosine - Milk Thistle Extract - Zeolite – attracts cadmium to pull it out of the system - EDTA suppositories (watch for calcium levels – not for Slow Oxidizers)
LEAD (Pb)	- Found in lead water pipes - Manufacture of batteries - Pesticide residues - Painting, inks, lubricants and dyes - Contaminated water - Root vegetables (skin) - Diets deficient in calcium, magnesium or iron increase lead absorption - Ceramic glazes - Hair dyes - Cigarette smoke	- Inhibits enzymes associated with hemoglobin synthesis, and increases the destruction rate of red blood cells - Lead will absorb into bone in preference to calcium - May inhibit copper-dependent enzymes needed for neurotransmitters (dopamine, epinephrine, norepinephrine), which means hyperactivity - Elevates uric acid levels and impairs kidney function which may lead to gout - Displaces and may cause deficiencies or bio-unavailability of calcium, zinc, manganese, copper, iron - Anemia - Children may become toxic with lead, if their nutrition is lacking much needed calcium for growing bodies - Associated with ADD, ADHD, autism, delayed development in children - Connected to violent acts of terror	- Address any calcium issues if lead is present - Magnesium - Iron - EDTA

ALUMINUM (Al)	• Beverages from aluminum cans, foil • Aluminum cookware • Aluminum containing antacids • Anti-perspirants • Baking powders • Drinking water (frequently added in municipal water supply) • Dying agents in salt and other products • Processed cheeses, Velveeta • Bleached flour • Food or drugs processed with aluminum machinery	• Affects the skin, nervous system and digestive tract • Alzheimer's, Dementia, Parkinson's • Headaches, colds, heartburn, aversion to meat • Paralytic muscular conditions, loss of memory, confusion • Reduced sweating • Colitis • Cavities • Fatigue • Breast cancer	• Calcium (if indicated on HTMA) • Magnesium • Zinc • Vitamin C • Reduce exposure (watch for natural crystal anti-perspirants, they have Al)
GERMANIUM (Ge)	• Used in certain electronics and infrared optical applications • Available as a nutritional supplement	• Germanium toxicity affects the mitochondria (like most toxic metals) • Muscle weakness • Kidney problems • Anemia • Tingling and numbness in hands and feet, as well as pain	• None noted
BARIUM (Ba)	• White pigments for paper • Paint and ceramics • Specialty glass • Used as an additive in oil and gas well drilling • Contrast agent in medical imaging	• If ingested barium may cause stomach pain, nausea, vomiting and diarrhea • Chronic exposure may cause weakened heart muscle (cardiomyopathy)	• Calcium (if indicated on HTMA) • Magnesium • Potassium • Carnitine • CoQ10
BISMUTH (Bi)	• Most common is the use through medications like Pepto-Bismol • Certain stomach acid blockers • Cosmetics, including some that are labelled natural and "non-toxic" • Used in some diaper rash remedies	• Childhood developmental disorders • Symptoms vary greatly from one person to another but include: • Neurological issues • Polycystic ovaries	• Alpha Lipoic Acid

	- Alloys for industrial use - Ceramics	- Generalized inflammation of mucous membranes inside the mouth - Kidney damage - Lack of energy, muscle tension, twitching or rigidity - Generalized problems with brain function - Restless sleep - Depression, anxiety, irritability - Weight gain - Menstrual disturbances	
RUBIDIUM (Rb)	Tarragon	High levels may induce goiter and reduce thyroid hormone levels by interfering with the uptake of iodine by the thyroid gland	
LITHIUM (Li)	- Soil and rocks – food chain - Nutritional supplements	- If someone is deficient in lithium they can show: aggressiveness, manic states and depression - If someone is showing excess then that may cause: hypothyroidism, interference with iodine uptake in thyroid and potentially block TSH - Supplementing can be done with 5-10mg, in divided doses, per day of Lithium Orotate - Psychiatric supplementation (at much higher doses) may be used to treat bipolar disorder	
NICKEL (Ni)	- Metal dental crowns and dental wires used in braces and bridges - Hydrogenated oils, peanut butters, margarine - Small amounts in alcoholic beverages - Contaminated water - Cigarette smoke – smoking causes an excessive amount of Ni to build up in hair - Jewelry and piercings - Oysters	- Nickel is very subtle in its symptoms of toxicity - Depression - Lung issues - Cancer - Enzyme inhibitor - Symptoms may vary depending on climate and season, as it is excreted at high levels in sweat - Stunted growth - Destroys red blood cells	- Sauna therapy - Magnesium - Zinc - Iron

		Weakness, dizziness, fatigue, headache, cough and shortness of breath	
PLATINUM (Pt)	- Jewelry - Industrial catalysts, catalytic converters - Platinum alloys used for surgical implants - Platinum salts used for anti-cancer agents	- Nausea, vomiting with acute exposure - Tinnitus, trouble hearing - Poor balance, weakness and fatigue - Numbness and tingling in fingers - Abdominal pain and constipation - Increased fear, anxiety, apprehension - High levels may impair the ability of cells to concentrate magnesium and impairs kidney retention and intestinal absorption of magnesium - Cancers (Leukemia)	- Alpha Lipoic Acid - Vitamin C - Complex B Vitamins
THALLIUM (Tl)	- Pesticides, rat poison (banned in some countries) - Jewelry (along with silver) - Many industrial and scientific applications - Optical glasses - Radiation detectors - Some dyes and pigments - Adds green colour to some fireworks - Radioactive compounds are administered to people for medical imaging	- Acute exposure: - Abdominal pain, nausea, diarrhea, vomiting - Neurological symptoms - Hypersensitivity to touch and pain - Muscle weakness and phantom pain - Excessive thirst and salivation - Psychic disturbances - Colour perception may be altered - Blindness - Liver and kidney damage - Racing heart and the potential for cardiac death	- Activated charcoal - Alpha Lipoic Acid - Potassium - Biotin (B7) - Riboflavin (B2) - Magnesium - CoQ10 - Carnitine
VANADIUM (V)	- Widely used - Ceramics - Crude oils - Nutritional supplement (Vanadyl sulfate)	- Anemia - Persistent inflammation of the trachea and bronchi - Irritation of eyes, skin, upper respiratory tract (from dust and fume exposure)	Chromium

	• Fabric dyes • Inks		
STRONTIUM (Sr)	• Ceramics • Mining • Glass	• Muscle and bone weakness • Weakened ligaments and muscle spasms • Rickets • Children are more susceptible than adults..... The lower the calcium level of the diet the more toxic and elevated the level of strontium is	• If elevated along with calcium and magnesium, then it will be clinically insignificant • If elevated but calcium and magnesium not elevated, then adding calcium and magnesium would be warranted
TIN (Sn)	• Canned beverages and foods (especially acidic foods) • Grains • Toothpaste • Dental amalgams • Industrial exposure	• Organic toxicity: • Loss of vision, hearing • Loss of sensation in hands and feet, or phantom pain • Mood disorders, deep depression • Inorganic: • Weakness, generalized pain • Nausea, vomiting, abdominal pain • Profuse sweating • Liver issues • Skin, eye and digestive tract irritation • Anemia • Muscle weakness • Ingestion: • Nausea, vomiting, abdominal pain, diarrhea	• Berberine • Vitamin C • Magnesium • Complex B Vitamins • Vitamin A • Vitamin E • Omega-3s • Milk Thistle • Calcium (if indicated on HTMA)
TITANIUM (Ti)	• Common white pigment used in paints and sunscreen • Aerospace and sporting applications (ie: golf clubs) • Surgical and dental implants • Jewelry • Cosmetics	• It is common for people with deranged mineral transport from mercury to have elevated titanium levels • Associations have been made with elevated levels and lupus, eczema and autoimmunity • Oxidative stress • Cell damage	• None noted
TUNGSTEN (W)	• Fumes from burning lightbulb filaments	• Due to the interference with molybdenum, this may cause:	• Molybdenum

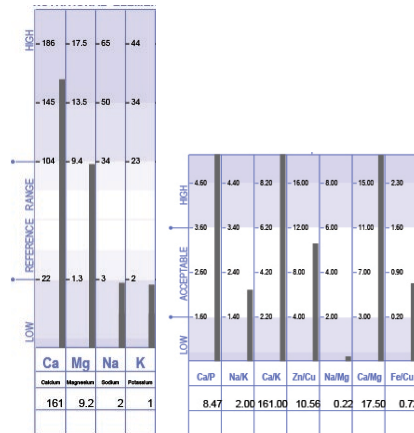
	• Fumes from welding • Fireproof fabrics • Scientific apparatus for filaments and heaters	• Sensitivity to sulfites, alcohol, aldehydes • Low production of uric acid • Sensitivity to high purine foods • Seizures	• Alpha Lipoic Acid • EDTA
ZIRCONIUM (Zr)	• Used in industrial applications, nuclear technology • Scientific equipment • Surgical implants • Zirconium salts are used in some anti-perspirants • Used in heating elements and fuel cells • Used in cubic zirconia (fake diamonds) • Ceramics • Some colloidal silvers	• Autoimmune condition - sarcoidosis causing lung degradation, shortness of breath, fatigue and dry cough	• None noted

REMEMBER THAT ALL MINERAL BALANCING STARTS WITH SUPPORTING AND REPLENISHING THE BODY'S VITAL MINERALS, DO NOT START WITH DETOX.

Typical Patterns

Consider the "Big 4" minerals when selecting the most appropriate base (calcium, magnesium, sodium, potassium), as well as the Na/Mg ratio, which illustrates adrenal expression and which B vitamin support is more warranted.

Slow Ox Pattern



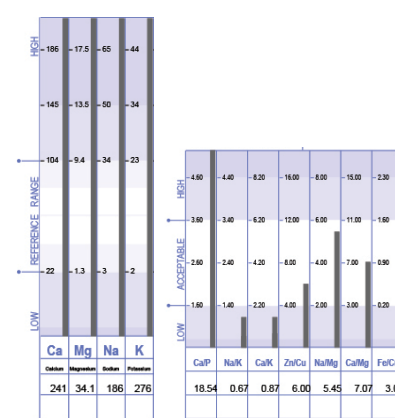
Fast Ox Pattern



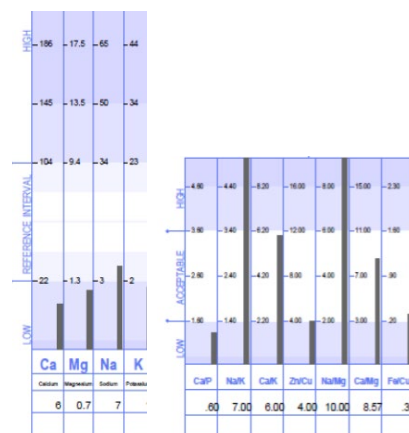
4 Lows Pattern (underactive)



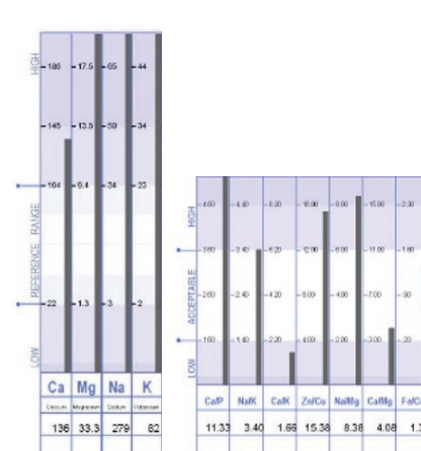
4 Highs Pattern (underactive)



4 Lows Pattern (overactive)



4 Highs Pattern (overactive)



Adult Formula Bases

Slow Ox Base		4 Lows Base		Fast Ox Base		4 Highs Base	
Magnesium (Glycinate)	350mg	Calcium (Pyruvate)	250mg	Calcium (Pyruvate)	350mg	Magnesium (Glycinate)	350mg
Magnesium (Malate)	150mg	Magnesium (Glycinate)	350mg	Magnesium (Glycinate)	350mg	Magnesium (Malate)	150mg
Sea salt	1,750mg	Magnesium (Malate)	150mg	Magnesium (Malate)	150mg	Zinc (Picolinate)	15mg
Potassium (Gluconate)	450mg	Sea salt	1,750mg	Zinc (Picolinate)	20mg	Boron (Citrate/Aspartate/Glycinate)	5mg
Selenium (L-Selenomethionine)	200mcg	Potassium (Gluconate)	400mg	Boron (Citrate/Aspartate/Glycinate)	5mg	Vitamin k2 (MK-7 - K2VITAL®)	120mcg
Boron (Citrate/Aspartate/Glycinate)	5mg	Boron (Citrate/Aspartate/Glycinate)	5mg	Vitamin k2 (MK-7 - K2VITAL®)	120mcg	Vitamin B1 (Thiamin Hydrochloride)	50mg
Vitamin E (d-alpha tocopherol acetate)	400IU	Vitamin E (d-alpha tocopherol acetate)	200IU	Vitamin B2 (Riboflavin-5-Phosphate)	150mg	Vitamin A (Retinyl Palmitate)	4000IU
Vitamin k2 (MK-7 - K2VITAL®)	120mcg	Vitamin k2 (MK-7 - K2VITAL®)	120mcg	Vitamin B8 (Myo-Inositol)	150mg	Biocore Optimum Enzymes	75mg
Vitamin B1 (Thiamin Hydrochloride)	100mg	Vitamin B1 (Thiamin Hydrochloride)	50mg	Choline Bitartrate	75mg		
Vitamin B3 (Niacinamide)	500mg	Taurine	500mg	L-Lysine Monohydrochloride	500mg	Slow Ox Main Bs + Vitamin C: (If Na/Mg < 8):	
Vitamin B6 (Pyridoxal-5-Phosphate)	100mg	Biocore Optimum Enzymes	75mg	Biocore Optimum Enzymes	75mg	Vitamin B1 (Thiamin Hydrochloride)	50mg
Vitamin A (Retinyl Palmitate)	5,000IU					Vitamin B3 (Niacinamide)	500mg
Biocore Optimum Enzymes	75mg	Optional Taurine	1000mg			Vitamin B6 (Pyridoxal-5-Phosphate)	100mg
						OR Fast Ox Main Bs: (If Na/Mg > 8):	
Optional Vitamin A	2500IU	Slow Ox Main Bs + Vitamin C: (If Na/Mg < 8):				Vitamin B2 (Riboflavin-5-Phosphate)	150mg
		Vitamin B1 (Thiamin Hydrochloride)	50mg			Vitamin B8 (Myo-inositol)	100mg
Vitamin C:		Vitamin B3 (Niacinamide)	500mg			Choline	50mg
Vitamin C (Ascorbic Acid)	1,250mg	Vitamin B6 (Pyridoxal-5-Phosphate)	100mg			Vitamin C:	
Citrus Bioflavonoids (50% Hesperidin)	150mg	OR Fast Ox Main Bs: (If Na/Mg > 8):				Vitamin C (Ascorbic Acid)	1,250mg
Camu Camu 10:1 Extract	500mg	Vitamin B2 (Riboflavin-5-Phosphate)	150mg			Citrus Bioflavonoids (50% Hesperidin)	150mg
		Vitamin B8 (Myo-inositol)	100mg			Camu Camu 10:1 Extract	500mg
		Choline	50mg				
		Vitamin C:					
		Vitamin C (Ascorbic Acid)	1,250mg				
		Citrus Bioflavonoids (50% Hesperidin)	150mg				
		Camu Camu 10:1 Extract	500mg				

Adult Cheatsheet

Ingredients:

Extra Magnesium
(Glycinate and/or Malate):

Considerations:

- Mg < 2.0mg% or > 15mg% (+150mg)
- Constipation - add 150mg malate
- Severe constipation - add 150mg malate + 150mg glycinate

Potassium (Gluconate):

- If K is between 4-7mg%, add 150mg gluconate

Potassium (Citrate):

- If K is < 4mg%, adding 500mg citrate + 150mg gluconate

Zinc (Picolinate):

- If Zn is extremely low, or in a loss pattern (10mg to start)
- Use 10mg or less if copper toxicity/ bioavailability
- When Na is low = < 6mg% , skip the Zn, choose Mn instead

Manganese (Gluconate):

- When Na < 6mg%, use Mn (10mg) instead of Zn for supporting Cu mobilization

Selenium (L-Selenomethionine):

- If <0.04mg%, consider adding 100-200mcg extra

Boron

(Aspartate/Citrate/Glycinate):

- If there is low Mg or extreme Mg loss
- If Ca > 200mg% : 15mg (total), if > 350mg% : 20mg (total)
- If Ca is <20mg% : 10mg (tot)
- Consider adding 20mg total for women experiencing Perimenopause symptoms
- Not recommended with estrogenic cancers

Copper (Gluconate):

- Usually for those in fast oxidation (could be Slow Sub-type 4 pattern as well)
- Higher Na/Mg level (> 10); if that couples w/ low Na/K
- 500mcg - 1,500mcg to start, up to 2 - 4mg

Chromium (Picolinate):

- Nudges copper
- Start with 100mcg
- Consider when low

Molybdenum (Glycinate):

- Chelates copper at low microdoses
- Start with 50mcg
- Good when Cu/Mo > 1,250

N-Acetyl Cyste

- Increases levels of glutathione
- Heavy metals - 500mg to start up to 800-1,200mg

Alpha-lipoic Acid:

- Supports the detoxification of heavy metals and high or low Ca/Mg ratio
- 200mg to start and if Ca/Mg ratio is extremely low or high, then 300-600mg

Milk Thistle Extract (80% silymarin):

- Promotes liver health, skin health, digestive function
- When Co is elevated, 125mg to start, up to 375mg

Dandelion Root:

- Supports the liver, digestion, anti-inflammatory
- 125mg to start\

Dandelion Leaves:

- Supports the kidneys when Al is elevated
- 250mg to start
- High dose may actually help lower blood pressure (1g/day)

Humic:Fulvic Acid (5:2):

- When minerals are overall trending low
- Good for glyphosate/ Heavy metals
- Can be used alongside food or in a formula (100-350mg)

Taurine:	Supportive if low S, but not too much if high Na/K (500-1,000mg)
Trimethylglycine (Betaine Anhydrous):	- Powerful methyl donor 500mg to start up to 1g for women and 3g for men
L-Tyrosine:	- Supports thyroid, energy & mood 150-250mg up 1,000mg - Protect against stress/ manage symptoms of depression
L-Glycine:	- Calming effect, promoting relaxation and reducing anxiety and stress 1500mg to start up to 3000mg - Can help healing/ rebuilding of the GI tissue
Sea Salt:	<40mg%: 1,750mg 40-65mg%: 1,250mg 65-90mg%: 875mg >90mg%: Remove
Hydrolyzed Collagen:	- Improved skin, joint and bone health - Great results with just 1000-1500mg, (upper limit 10g)
COQ10:	- Antioxidant, scavenging free radicals 50mg to start up to 150mg
Vitamin A (Retinyl Palmitate):	- Helps lower Ca, if > 75mg% add 2,500IU extra (Slow Ox or 4 Highs) - Ca <45mg%; lower vitamin A to 2,500IU in Slow Ox - If 4 Lows case with copper issues, then add 1,500IU of vitamin A - Helps support production of ceruloplasmin
Vitamin B1 (Thiamin HCl):	- Co or Ca are extremely high, extra Vitamin B1 (100mg) - Support the reduction of Ca, and Cu - More stimulating, (great for depleted 4 lows or slow ox)
Vitamin B2 (R-5-P):	- Important for the Iodine protocol (30 -200mg) - A more calming B
Vitamin B3 (Niacinamide):	- Important for the Iodine protocol (500-1000mg) - More stimulating, (great for depleted 4 lows or slow ox)
Vitamin B5 (d-Calcium Pantothenate):	- Supportive for the adrenals - Start with 50mg - up to 150mg
Vitamin B6 (P-5-P):	- More stimulating - Supports the utilization of Zn - Increases Mg absorption 75-100mg - up to 150mg
Vitamin B7 (d-Biotin):	Supports intestinal absorption of B1, start with 400mcg
Vitamin B8 (Myo-Inositol):	- Balance blood sugar 150-400mg (upper limit 12g) - More calming at higher doses
Vitamin B9 (L-5-Methylfolate):	- Important in preconception/pregnancy (800mcg pregnancy - 600mcg breastfeeding)
Vitamin B12 (Methylcobalamin):	- If cobalt extremely low, (exclude if Co is elevated) 1000mcg (1mg) and upper limit 5000mcg
B Complex:	- Support the body in both oxidation rates: - Slow Ox & Fast Ox
Calcium (Pyruvate):	- Consider adding more Ca when it is low: < 30mg%, add 150mg - with L-lysine 250mg < 20mg%, 150-300mg - with L-lysine 250-500mg (*may be too much to handle in 4 Lows, start lower) *If client is extremely sensitive, start with lower doses.

VYKON CUSTOMS:

Binder Cheatsheet

When minerals are introduced into the body, they will often disturb/ displace heavy metals that have accumulated. Those heavy metals will circulate in the body causing symptoms, which is why a binder is crucial to help eliminate them from the body.



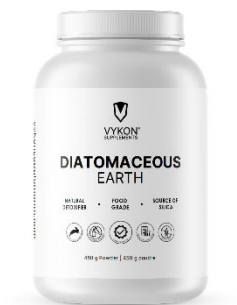
Zeolite Clinoptilolite

- Mycotoxins
- Copper
- Aluminum
- Glyphosate



Humic:Fulvic Blend

- Supports gut health
- Trace minerals
- Immune health
- Enhances mineral absorption



Diatomaceous Earth (Food Grade)

- Constipation
- Parasites
- Bacteria
- Supports healthy cholesterol & blood pressure levels

Reverse Zeolite Titration Guide

Why Zeolite?

When therapeutic doses of mineral are introduced to make change, they will often disturb / displace toxins and metals that have accumulated in the body. This toxic load is different for each person, but when beginning any mineral balancing protocol, you are stirring up what has been dormant and this may bring to light many symptoms for clients / patients, based on their overall toxic load. A therapeutic binder, we feel, is critical to mitigate symptoms and allow mineral balancing to be better tolerated. Zeolite Clinoptilolite in the powder form is the preferred choice when beginning any protocol, and the micron particle sizes are important. To have whole body detox support, your zeolite choice should include particle sizes < 11 micron, but also a small percent (usually 15-20%) between 11-40 micron. These larger particles stay in the GI tract and mop up toxins there, which is where a lot of them reside. Vykon Zeolite is 80% < 11 micron and 20% 11-40 micron; so ideal for full body support. Zeolite comes prepacked with Ca, Mg, Na, K and works to do a cation exchange for toxic metals, you can read more about this in the research article below.

Titration schedule 1 is for clients who are less symptomatic prior to mineral balancing; fewer marker for copper. Schedule 2 is for clients who are more sensitive, have overt copper/many markers for hidden copper, and quite a few heavy metals. Both titration schedules can be very supportive to help remove toxins initially prior to beginning mineral balancing for better outcomes.

Serving Size:

- One serving = 5g. Each serving should be spaced out throughout the day.

Less Sensitive

Week 1:

- One serving of Vykon Zeolite

Week 2:

- Continue with one serving of Vykon Zeolite
- Introduce Vykon Custom blend

Sensitive

Week 1:

- Three servings of Vykon Zeolite

Week 2:

- Two servings of Vykon Zeolite
- Introduce Vykon Custom blend

Week 3:

- One serving of Vykon Zeolite
- Continue to slowly titrate your minerals

Additional Resources:

- [Zeolite Book](#)
- [Podcast Episode](#)
- [Research Article](#)

Binder Dosing

	<i>ZEOLITE CLINOPTILOLITE</i>	<i>HUMIC:FULVIC BLEND</i>	<i>HUMIC:FULVIC + ZEOLITE</i>	<i>FOOD GRADE DIATOMACOUS EARTH</i>
Scoop Size	<i>4cc</i>	<i>1.25cc</i>	<i>1.25cc</i>	<i>13cc</i>
Adult* <i>(120lb+)</i>	<i>2 scoops 1 ½ tsp 5g</i>	<i>1/2 scoop 1/8 tsp 350mg</i>	<i>1 scoop 1/4 tsp 650mg</i>	<i>1 scoop 2 ½ tsp 4.65g</i>
Tween* <i>(80-120lb)</i>	<i>1 ¼ scoops 1 tsp 3.12g</i>	<i>1/3 scoop --tsp 233mg</i>	<i>2/3 scoops --tsp 430mg</i>	<i>2/3 scoop 1 ¾ tsp 3.10g</i>
Kids* <i>(50-80lb)</i>	<i>¾ scoop 1/2 tsp 1.89g</i>	<i>1/5 scoop --tsp 140mg</i>	<i>1/3 scoop --tsp 215mg</i>	<i>1/3 scoop ¾ tsp 1.55g</i>
Toddler* <i>(25-50lb)</i>	<i>1/3 scoop 1/4 tsp 0.83g</i>	<i>1/10 scoop --tsp 70mg</i>	<i>1/5 scoop --tsp 130mg</i>	<i>1/5 scoop 1/2 tsp 0.93g</i>
Infant* <i>(0-25lb)</i>	<i>1/6 scoop -- tsp 0.43g</i>	<i>1/20 scoop --tsp 35mg</i>	<i>1/10 scoop --tsp 65mg</i>	<i>1/10 scoop 1/4 tsp 0.46g</i>

**All dosage instructions represent a single serving size. Teaspoon measurements are an approximation.*



Documents For You

Using Vykon Custom Products

Titration

Titrating the Vykon Custom product is important to give the body time to adjust.

We suggest the client follows the titration schedule included with their supplement for best results. Please note that those in 4 Lows should extend their titration period. Sometimes titration for those in 4 Lows can last up to 6 months in more extreme cases.



Binders

We always recommend a binder when mineral balancing (no matter what pattern your client is in).

When minerals are introduced into the body, they will often disturb/displace heavy metals that have accumulated. Those heavy metals will circulate in the body causing symptoms which is why a binder is crucial to help eliminate them from the body.

Dealing with Symptoms

Sometimes Herxing reactions can occur. If your client is experiencing any symptoms, such as diarrhea, headaches, or nausea it is recommended to:

- **Consult the Mineral Balance Roadmap (MBR)**
- **Try Mineral Balance Cycling (MBC)** and return to the dose where no symptoms were present.
- **Ensure that they are on a binder.**
- **Try pulse dosing;** one day on and one day off of the custom supplement. They may need to stay at a lower dose or pulse dose for a few weeks before trying to increase their dose. Continue use of a binder every day.



Powder vs Capsules



Powder

Our powdered vitamin and mineral blends are all mixed with a "Base Flavour" which masks the bitter taste of minerals. These base flavours are essentially flavourless and improve the acidity, consistency, and taste of the powder so your client can consume it. You have an option of three base flavours:

- **Smooth Neutral (Recommended)**
- **Unsweetened Smooth Neutral**
- **Original Plain**



Capsules

While our flavours are all natural, sensitivities and allergies can be present, making capsules a good alternative for clients with sensitivities, looking to avoid all flavouring. Your capsule count per day is as follows (without add-ons):

- **Adult:** 10+ caps/day
- **Perinatal:** 10+ caps/day
- **Tweens:** 6+ caps/day
- **Kids:** 4+ caps/day

Consuming the Powder

Sometimes when a client's palate is accustomed to refined sugars and processed foods, our mineral supplements can have a very bitter taste. Here are some tips to help your client consume the Vykon Custom powder:

Side Flavours

Have you tried our natural flavours? We have four to choose from:

- **Vanilla Citrus**
- **Mixed Berries**
- **Double Chocolate**
- **Fruit Punch**

These come separate from your powder in their own pouch so you can customize how much or how little you want to flavour your minerals with. These are a great option when mixing your powder with water to give it a hint (or a lot!) of flavour. **You get a free side flavour with the purchase of every custom powder!**



Smoothies

A delicious way to take your powder is mixed in a smoothie. We find that berry or chocolate smoothies are great at masking the bitterness of the minerals. **Just make sure you blend all the ingredients in your smoothie BEFORE adding your mineral powder.** Once blended, add your powder and blend lightly for 1-2 seconds, until just combined.



See our **SMOOTHIE GUIDE** for recipes under Resources on your Vykon Customs Practitioner Dashboard!

Other Fun Tips:

Calling all chocolate lovers... this one is for you! A really delicious way to drink your powder is chocolate milk style. Our powders mixed incredibly well with milk (dairy or plant-based). We recommend mixing $\frac{1}{2}$ water and $\frac{1}{2}$ milk with your powder. (Holiday tip- this also works great with eggnog!)



Need More Support?

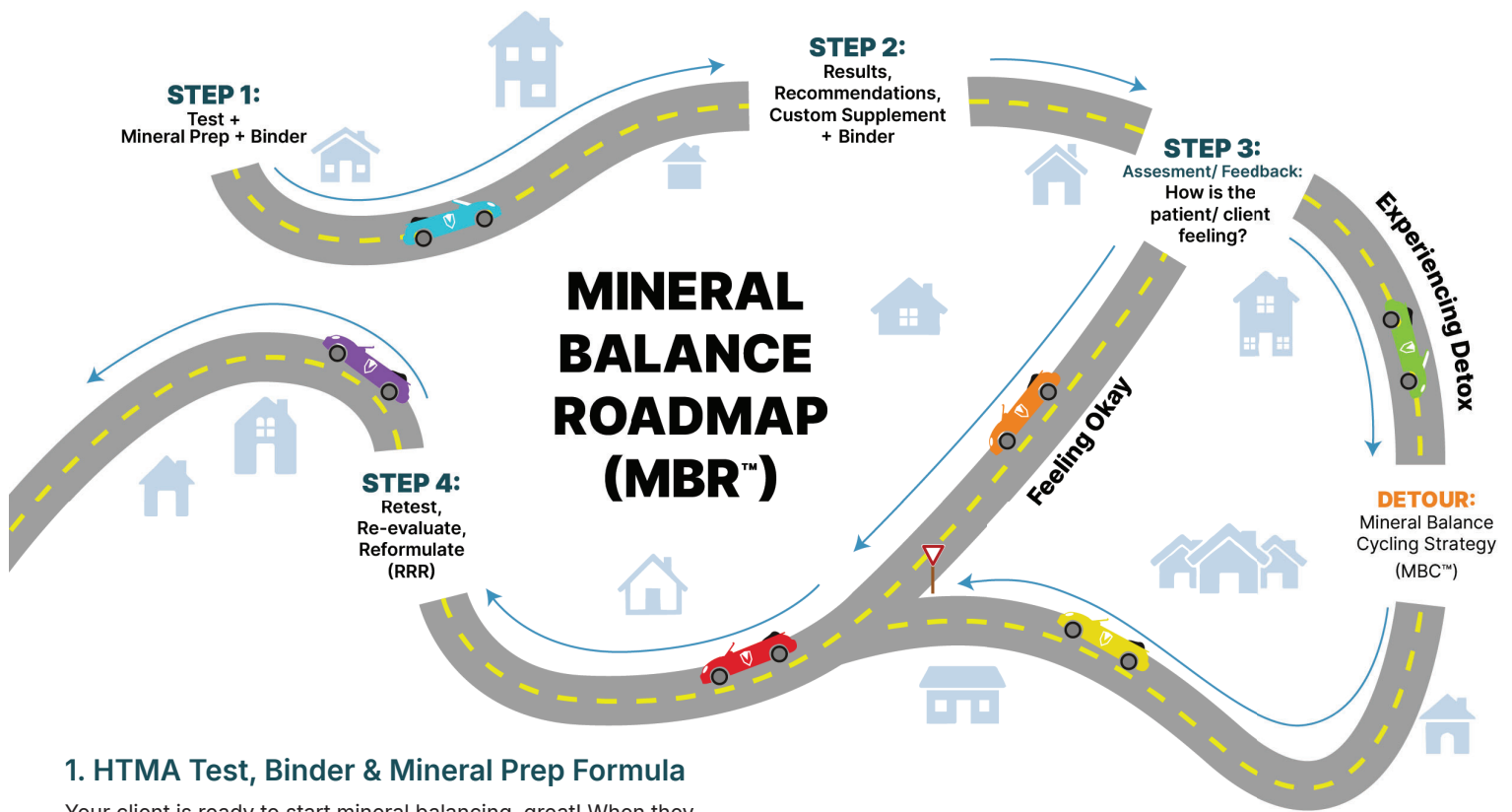
We have got you covered. If you need help interpreting your client's HTMA and are looking for recommendations for the best Vykon Custom product to support your client in their mineral balancing journey, we offer one on one consultations for this exact reason. When you book a consultation, you will receive recommendations right in your inbox- even when you meet with us on Zoom!

Book a consult today by visiting Practitioner Support on your Vykon Customs Practitioner Dashboard!

Join the Community!

The Advanced HTMA Practitioner Community is a private online community, fostering collaboration, learning and networking among HTMA practitioners. As a member you will have 24/7 access to our online platform, weekly community calls to discuss case studies and HTMA results, monthly clinical workshops, quarterly webinars with special guests, and more!

Visit the link on your Vykon Customs Practitioner Dashboard to join our network and get your first 2 weeks free!



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1. HTMA Test, Binder & Mineral Prep Formula

Your client is ready to start mineral balancing, great! When they receive their HTMA test in the mail, it can also include Mineral Prep and zeolite. Starting with zeolite can be very supportive and is especially important when there is copper, (hidden or overt). The Mineral Prep formula will help to gently prepare the body for a more therapeutic dose of minerals. It's a great way to get the client started as they excitedly await their results. Download our **Zeolite Reverse Titration Guide** in your Resources.

2. Results are In

Your client's HTMA results are in! This is where you formulate their Vykon Custom supplement for them and select an appropriate binder.

Are binders necessary? YES! A therapeutic binder is critical and goes hand in hand with mineral balancing:

- They will mop up toxins that are circulating in the body that can cause Herxing reactions
- They help attract toxins so they are not reabsorbed in the body (especially important if constipated)
- Depending on the binder chosen, they will provide additional GI support, help with mold, environmental toxins such as pesticides, heavy metals, copper & more

Some of our favourite therapeutic binders include:

- Zeolite Clinoptilolite (Recommended for client's 1st protocol)
- Humic:Fulvic Acid
- Activated Charcoal
- Micro Chitosan (Be careful with seafood allergies)
- Diatomaceous Earth
- Pectin (citrus)
- Chlorella

3. Assessment/ Feedback

This is where you assess how your client is feeling. Do they have any new symptoms? Are they experiencing any discomfort? If they're feeling OK, they can continue on their journey; using their minerals and binder. However, sometimes clients experience symptoms which will put them on a bit of a detour...

"Not everyone who is mineral balancing has an easy, carefree journey." -Lisa Pitel-Killah

Detour

This is where **Mineral Balance Cycling (MBC™)** comes in. In some patterns, when you bring in minerals, it will "stir things up". When this happens, there is more being mobilized than the body can handle. MBC can be used to help mitigate symptoms and support the body.

How it works:

1. Remove minerals for at least 48 hours, but continue to use a binder. If symptoms are severe, you may need to increase the use of the binder to twice a day.
2. After 48 hours, bring minerals back in at the dose where symptoms were not present.
3. IF symptoms occur again, repeat the same process of cycling with a 48 hour break and continuation of the binder for "mop up".

Usually cycling once or twice is enough, but depending on the patient/client, you may need to use this strategy a few more times. Eventually the symptoms will dissipate and your client can proceed on their journey merging onto the "Feeling OK" road.

4. Retest, Re-evaluate, Reformulate (RRR)

Now it's time to retest! This is where your client will do their HTMA retest and with those results, you will reevaluate their mineral levels and reformulate their custom formula.

Health Journey For Life

HTMA is a fabulous screening tool that individuals can use for health & longevity for life! If your client is making great progress & feels good, you may consider extending their retest time to 6 months.

This information is for educational purposes only and does not constitute medical or professional advice. As a licensed, or non-licensed, health professional / practitioner, it is up to you to determine which path will benefit your patient / client, based on their individual health history, symptoms, test results and other lifestyle factors. This Mineral Balance Roadmap is not meant to diagnose illness, conditions, disease, or to replace the advice of a qualified medical professional. There are many illnesses, conditions and diseases that cannot be diagnosed through HTMA. The Mineral Balance Roadmap or Mineral Balance Cycle strategy requires interpretation and recommendations, which include the risk that mineral balance may not be an effective treatment and does not replace the advice of a qualified medical professional.

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VYKON CUSTOMS:

Did Your Client Misplace Their Scoop? Scoop Sizes Equivalent to tsp./tbsps.

Scoop Size	Measure*
1.25cc	0.25 Metric tsp.
3cc	0.60 Metric tsp.
4cc	0.80 Metric tsp.
7.5cc	1.50 Metric tsp.
8.5cc	1.70 Metric tsp.
9cc	1.80 Metric tsp.
10cc	2.00 Metric tsp.
11cc	2.20 Metric tsp.
12cc	2.40 Metric tsp.
13cc	2.60 Metric tsp.
14cc	2.80 Metric tsp.
18cc	3.60 Metric tsp.
20cc	4.00 Metric tsp.
60cc	12.0 Metric tsp. or 4 Metric tbsp.

***U.S. standard 1 metric tsp. = 5ml; 1 metric tbsp. = 15ml.**

The above measurements are based on metric measures; Please note if you are using a different measure these numbers may vary.



Documents To Share With Clients

For single information sheets to share with your clients, please visit Resources on your Vykon Customs Practitioner Dashboard

Have you taken your Vykon today?

Make the move to a tailored fit when it comes to your health with **Vykon Custom Supplements**



OUR PROMISE: WE ENSURE EVERY SUPPLEMENT:



Is produced with the highest quality & purest raw ingredients



Has absolutely no fillers or artificial flavours



Meets cGMP standards and our strict production guidelines

ETHICAL SOURCING: DOMESTICALLY & WORLDWIDE



We prioritize sourcing our raw materials sustainably to uphold our commitment to environmental stewardship and contribute to the long-term well-being of our planet. **Sustainability is at the core of our sourcing practices**, guiding us to select suppliers and partners who share our values.

"I see definite results when looking at comparable HTMA results when using Vykon products. One product covers everything!"

~ C. Leskun

"My clients report almost immediate positive benefits based on their customized formula."

~ T. Thomas

"I like the convenience of getting all my minerals in 2 servings per day. I had relief from my major symptoms of insomnia within two weeks".

~ K. Downer

HOW IT WORKS: 4 EASY STEPS

1

Connect with a Practitioner.

Get started with your health practitioner and receive your HTMA test kit

2

Hair Tissue Mineral Analysis.

Send in your hair sample and wait for results illustrating your mineral status

3

All-in-one & Tailor Made.

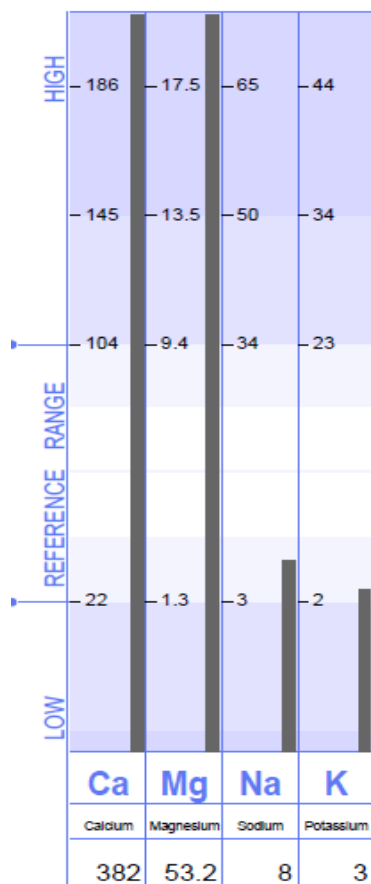
A personalized Vykon is created to fit your individual needs

4

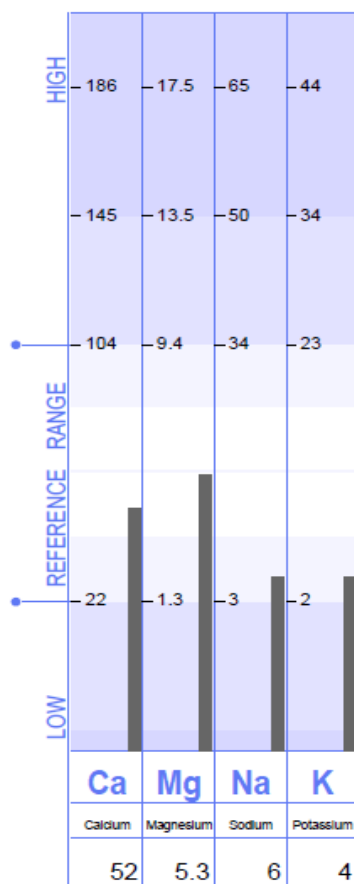
Wellness Delivered Right to You.

Your Vykon arrives to your doorstep and your mineral balancing journey begins

BEFORE:



AFTER:



Kelsey was desperate to find answers:

- hair was falling out
- chronic fatigue
- barely get out of bed
- sore achy joints
- constantly anxious

The HTMA results revealed that her calcium was high, it's no wonder she suffered from so much anxiety; her cells weren't getting the mineral balance they needed. And her calcium was just sitting around in her tissues instead of her bones!

A customized mineral blend from Vykon Customs brought Kelsey much needed relief. She began to notice:

- hair growing back thicker
- more stamina
- a major shift in mental health

Q: WHAT SHOULD I DO IF THERE IS AN ISSUE WITH MY SHIPMENT?

A: At Vykon we pride ourselves on our customer support. Your shipment will contain all the information required to resolve any issues you may experience with your shipment.

Q: I WOULD LIKE TO REORDER MY PRODUCT, HOW CAN I DO THAT?

A: Our Custom Formulas contain therapeutic doses and can only be accessed by health practitioners. Please reach out to your health practitioner who can place a new order for you.

Q: IN THE EVENT THAT I EXPERIENCE SOME SIDE EFFECTS (IE: BLOATING) WHO SHOULD I CONTACT?

A: At Vykon, we understand that "herxing reactions" can occur when introducing minerals to the body. Please contact your health practitioner who knows your health history and who will be able to guide you. We have extensive support to assist your practitioner with any needs that may arise!



**Driven by Health,
Guided by Science.**

Whether you are looking to boost daily energy, speed up your metabolism, reverse physical degeneration, or optimize performance for athletes, Vykon Customs mineral blends can help.

Your Custom Powder Specifics:

- Customized specifically for you
- Designed to be taken twice a day
- See back label for your custom dose
- Your scoop is specific for your product



Best Practices for Each Powder:

- **If you are using the Smooth Neutral powder, (Vykon Recommended, best flavour):**

This powder mixes well with our side flavours, and can be pre-mixed to drink and consume within 24 hrs

- **If you are using the Unsweetened Smooth Neutral powder, (Stevia free):**

This powder mixes well with a natural sweetener of your choice or one of our side flavours, and can be pre-mixed to drink and consume within 24 hrs

- **If you're using the Original Plain powder:**

This powder's bitterness flavour will be more evident and will be best used in a smoothie or juice. If you find the powder too bitter, add a natural sweetener of your choice. We recommend that once your powder has been mixed, that you drink immediately

Our Favourite Smoothie

- 1/2 cup organic frozen or fresh blueberries
- Juice from 1/2 of a fresh lemon or lime
- 2 drops human grade peppermint essential oil
- 8 ounces of clean, filtered water

Blend until desired consistency. Once blended, add your serving of custom powder

**For more smoothie recipes, check out
Using Your Vykon Powder Guide!**





Bonus Material



VYKON CUSTOMS AUTHORIZED BADGE STYLE GUIDE

Thank you for being a part of the Vykon Customs community! This document outlines the approved usage and specifications for our distinctive badges, ensuring consistent and impactful representation across all platforms.



✓ Do use badges in their original colours



✓ Do use smooth backgrounds/ solid colours where the badge is easily visible/ high contrast

✓ Do choose one of our 4 options that best suits your website and branding!



Questions?

Reach out to us today!
operations@vykoninc.com



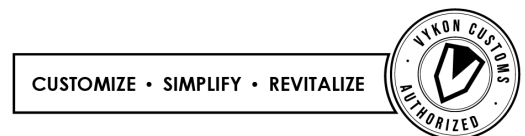
✗ Do not use busy backgrounds where the badge is not visible/ low visibility



✗ Do not reduce transparency



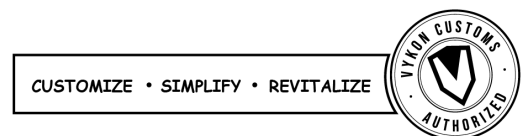
✗ Do not distort (squish/stretch)



✗ Do not change badge rotation



✗ Do not outline



✗ Do not change fonts



✗ Do not add drop shadow