Relax®FIR Sauna

Releases heavy metals in urine!

The Relax® Far Infrared Sauna Enables the Detoxification of Heavy Metals

as evidenced by increased heavy metals in the URINE!

(after a 20 minute session in the Relax Sauna)



Before	After
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Heavy Metal	Urine Sample before Sauna (unit: ug/g)	Urine Sample after use Sauna (unit: ug/g)
Antimony Sb	0.12	0.23
Arsenic As	89.2	220
Cadmium Cd	0.53	0.62
Lead Pb	0.69	1.00
Mercury Hg	0.48	0.69
Nickel Ni	3.44	9.0

Heavy Metal	Sweat Sample after use Sauna (unit: ppb)
Cobalt Co	0.229
Arsenic As	3.762
Cadmium Cd	0.705
Lead Pb	8.476
Mercury Hg	ND
Copper Cu	48.817









Heavy Metals also released in sweat!