

## SAMPLE COLLECTION INSTRUCTIONS

### Hair Mineral Analysis

**Hair Mineral Analysis** is a screening test to measure the levels of up to 60 essential minerals and toxic metals. With correct testing and interpretation, one can construct a comprehensive metabolic profile of the human body. As hair grows it forms a permanent record of the body's nutritional deficiencies or excesses.

**Minerals screened include** calcium, magnesium, sodium, potassium and phosphorus and trace minerals - copper, manganese, chromium, selenium, iron, molybdenum, lithium, cobalt, and zinc.

**Toxic metals screened include** lead, mercury, cadmium, arsenic, nickel, and aluminum.

### How It Works



1.) **Collect** your hair sample.



2.) **Send** us your hair sample.



3.) **Receive** your report and schedule a consultation with a practitioner.

### Your Kit Includes

- + Requisition Form
- + Collection Instructions
- + Hair Measurement Tool
- + Prepaid Return Mailer
- + Resealable Paper Bag
- + Alcohol Swab



### Before You Begin

**Important:** Read all instructions carefully before collecting your hair sample



**Begin with clean and dry hair.**

- Avoid using dandruff shampoos, conditioners, hair spray, and gels before taking your sample. Use a natural shampoo if possible.
- Note on your requisition form if hair has been dyed, bleached, straightened or otherwise chemically treated. For recently treated hair, we recommend waiting 3 weeks before cutting your hair for the sample.
- Hair from the head is preferred. Pubic hair can also be used, however it is best reserved for situations where head hair is unavailable. **Do not combine head and pubic hair.**

**Only new hair growth should be submitted.**

- Hair grows approximately 1/2 an inch per month. A sample length of 1 to 1.5 inches is recommended for optimal results.

# Sample Collection Protocol



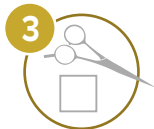
Wash your hands and ensure your scissors are clean with the alcohol swab provided.

Collect your hair samples as close to your scalp as possible. It is best if small amounts are cut from four to six areas from the nape of the neck.



**Your nape is the base of your neck, the spot where the back of your hair begins.**

• **TIP:** For those with longer hair or that wear their hair up, section your hair in the middle and proceed with the same instructions above.



**Remember to use new hair growth.** Included in your kit is a 2"x2" Hair Measurement Tool. Ensure to cover the entire square with your hair sample.



Place your collected hair samples inside the provided paper bag and seal tightly. Label your sample and complete your requisition form.

## How to Label Your Sample

**Complete your sample label with the following information:**

- First and Last Name that you provided during the ordering process
- Age
- Gender

Use a permanent ink ballpoint pen other inks may wash off or smear. **Please do not use a pencil.**

## Sending Your Sample

- Place your hair sample inside the provided paper bag. Make sure the label is attached and the provided paper bag is sealed.
- Place the sealed provided paper bag in your prepaid return mailer. **YOU MUST** include the filled out requisition form.
- Seal the prepaid mailer and drop into your local mailbox.

