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## How To Take a Hair Sample

### Do You Qualify for the Test?

**Before you begin:** If you've had a permanent or coloring in the last 6 weeks, you will have to wait until 4 weeks has passed before you can submit a sample. Let your doctor know when 4 weeks has passed so that you may submit the sample.

If you HAVE NOT had a permanent or coloring in the last 4 weeks, the first thing to do is print this document so you have the instructions available as you take your sample.

### This is Important!

Proper collection of the hair sample is extremely important and cannot be over-emphasized. Make sure you are working in a clean environment. The following guidelines should be maintained to insure the collection of a metabolically representative sample and to avoid the introduction of external contaminants prior to, during and following the collection process.

### Sample Type

Scalp hair is the only source recommended for analysis. Pubic and other body hair should only be used as a last resort if scalp hair is not available. Note: Pubic and other body hair is only recommended for confirmation of elevated toxic metals and/or to rule out external contamination of the scalp hair.

### Preparation

The hair to be collected should be untreated, i.e. not permed, dyed or bleached. If the hair has been chemically treated, wait until sufficient new virgin growth has emerged to allow collection. This is approximately 6 weeks. The hair should also be free of all gels, oils and hair creams prior to sample collection. For those individuals environmentally and/or occupationally exposed to external contaminants, (welding, mining, etc...) special care should be taken to limit exposure between washing of the hair and the collection of the sample.

### Location

Each collected sample should be taken in small portions from at least four to five different locations of the scalp. The recommended areas for collection are the nape of the neck (the back bottom portion of the neck), the top back portion of the neck, and the side of the skull. Note: The picture I've shown shows rather large sample areas for clarity. The areas you cut need not be this large.

### Sample Length

High grade stainless steel scissors or thinning shears should be used to cut the hair as close to the scalp as possible. The length of the collected hair should not exceed 1½inches. The proximal portion (1½inches closest to the root) should be retained and the excess discarded. Note: The hair next to the scalp is reflective of the most recent metabolic activity. Try to get the sample from this area.



**Weight**

Two full heaping teaspoons should approximate the weight requirement. The weight requested for a hair specimen is 250 milligrams (0.25 Gram). Use of the Trace Elements Hair Weight Scale Cards will insure the collection of sufficient sample weight but this is not necessary if you estimate the two heaping teaspoons of hair. Make sure that you send at least this much and if in doubt send more. If the amount of hair submitted is not adequate, this will delay your test results.

**Packaging**

Upon cutting the sample, the hair should be placed directly into a clean envelope and then sealed with the glue flap only. Do not use plastic bags in place of the standard paper envelopes to hold the hair specimen. In addition, do not use staples, paper clips, adhesive tape, aluminum foil or other metal and paper material of any kind to seal, secure or wrap the hair envelope and/or the hair specimen contained within

**Submittal Form**

Each sample specimen must be accompanied by a standard Hair Tissue Mineral Analysis laboratory submittal form, completed in its entirety and signed by the health professional. When you send your hair to us we will supply this form.

**Where to send the hair**

When you have followed all of the instructions above complete the following submission form. All items must be completed, otherwise you may expect a delay in processing your hair sample:

Have you had a permanent or coloring in the last 6 weeks? \_\_\_ No \_\_\_ Yes (If yes, you CAN NOT submit a sample at this time. If your hair has been chemically treated, wait until sufficient new virgin growth has emerged to allow collection. This is approximately 4 weeks.)

Your Name: \_\_\_\_\_

Your Customer ID: \_\_\_\_\_

Date Hair Sample was obtained: \_\_\_\_\_

Type of Hair Sample: \_\_\_ Scalp \_\_\_ Axillary (arm pit) \_\_\_ Pubic

Your Ethnic Origin: \_\_\_ Caucasian \_\_\_ Hispanic \_\_\_ Asian \_\_\_ Other \_\_\_\_\_

Your Occupation: \_\_\_\_\_

Your Natural Hair Color: \_\_\_ Blonde \_\_\_ Brown \_\_\_ Black \_\_\_ Grey \_\_\_ Red

Are You Pregnant? \_\_\_ Yes \_\_\_ No \_\_\_ Maybe

Your Birthday: \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Year

Names of Shampoos Used: \_\_\_\_\_

Names of any dyes used: \_\_\_\_\_

Your Signature: \_\_\_\_\_

Send this form to:  
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To purchase the Hair Tissue Mineral Analysis click 