

# INSTRUCTIONS FOR HAIR SAMPLING:

The requirements for getting an accurate representation of the present trace mineral levels from a hair analysis include taking a proper sample. These instructions describe the correct procedure to follow:

**1. Sampling:** Hair should be clean and dry when it is being sampled. The sample should be taken between four and twenty-four hours after washing. For the best quality, results the sample should not be dyed, bleached, or permed. Retest samples should be taken from the same area as the original sample if at all possible.

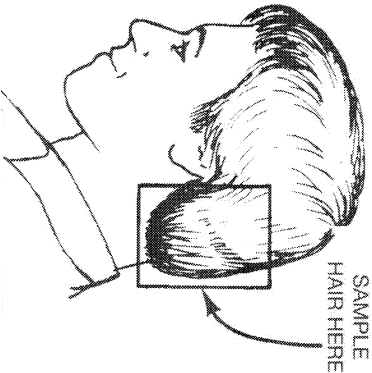
**2. Sampling Location:** Head hair taken from the nape of the neck (see illustration below) will provide the best sample. The growth of the hair here is relatively steady and should give good, consistent results.

As an option, axillary hair, pubic hair, or other body hair may be used. The growth pattern here varies and is rather sporadic, but it produces adequate results. *Note, however, that samples from the head and different parts of the body should not be mixed together.*

Sampling axillary or pubic hair is also a very good way to confirm that elevated toxic minerals which have been found in the head hair are present in the whole system.

**3. Equipment Needed:** A standard rat-tailed comb and a regular stainless steel scissors are all that is basically needed. For short hair, thinning shears may be used to keep from disturbing the hair style as much as possible. With long hair, a hair pin or clip may also be useful.

**4. Cutting a Sample:** Comb and lift a section of hair at the nape of the neck. Either pin or clip the section or have the



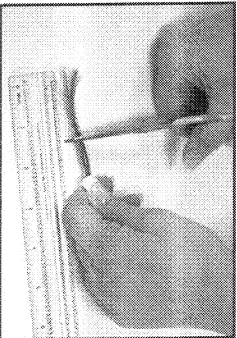
patient hold it up out of the way. Separate a smaller section (as shown in Photo A) and cut the hair off as close to the scalp as possible. For short hair—1½" in length, or less—use the entire sample. For long hair—over 1½" in length—cut off and use 1" to 1½" of the hair from the end that was next to the scalp (the root end, as shown in Photo B). Discard the rest.

**5. Weighing the Samples:** Set up the provided card weight scale, following the instructions printed on it. Placing the small samples inside the circle on the card, continue sampling until the scale tips, indicating that there is approximately 125 mgs in the total sample. This should be about one heaping tablespoonful.

Once sufficient hair has been collected, place the hair sample into a small envelope or plastic bag and seal it.



A. Holding the hair up and cutting a sample.



B. Cutting root end off for sample of long hair.

## Personal Information:

Patient's name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Ft. \_\_\_\_\_ In. Weight \_\_\_\_\_ Lbs.

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

Gender: Male or Female Pregnant? \_\_\_\_\_

Type of Hair: Head Pubic Other NOTE: DO NOT COMBINE HAIR TYPES!

Hair Color: \_\_\_\_\_

## Contact Information:

Contact Person (if different from above): \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_

## Payment Information:

Billing Address (if different from above): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Extended Analysis \$199.00 Toxic Metal Analysis \$199.00

(Circle one) Basic Hair Analysis: \$99.00 Complete Hair Analysis \$179.00 Platinum Hair Analysis \$240.00

Total Amount \$ \_\_\_\_\_ Payment Types Accepted: Checks: Make checks payable to Nutritionally Yours

MasterCard, Visa & American Express:

Card number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Mail to:

Nutritionally Yours

890F Atlanta St. Ste 253

Roswell GA 30075 USA

866-307-2495

alanepndsupport@gmail.com  
HairAnalysisTest.com

Thank You for your order! We will send you an email as soon as we receive the sample! Once we have the sample, we expect processing to take 12 to 15 days.

Your payment acknowledges your acceptance of our disclaimer.

