

HAIR COLLECTION INSTRUCTIONS

To collect a hair sample, ensure hair is free of dye or products, ideally waiting 3 weeks since dyeing. Avoid anti-dandruff shampoos for 2 weeks and public pools for one week before collection. For bald individuals, alternative hair sources like armpit or chest hair are acceptable.

Collection Steps:

- Use clarifying shampoo, rinse with distilled water.
- Collect hair 4-6 hours after washing, ensuring no sweating.
- Cut small sections from 3-4 locations near the scalp, trimming to 1 inch.
- Ensure the sample weighs at least 125 mg.

Mailing Instructions:

- Place the hair sample in a small envelope, fill out your details, and include a completed form. Send in a pre-stamped envelope to Trace Elements Lab and notify your practitioner. Turnaround time is 2-3 weeks after receipt.
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