

HAIR MINERAL ANALYSIS

Level 1 or Level 2

Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check the following guidelines. Without taking these precautions your results may be inaccurate.

IMPORTANT NOTES:

- **DO NOT use hair that has been dyed, bleached, permed or otherwise chemically treated.** It is not acceptable for testing.
- **DO NOT use underarm hair from armpits.**
- You may use head hair, chest hair or pubic hair.
- **DO NOT mix hair samples,** ie. Do not mix head hair with body hair.

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

PO Box 442, Ashburton, VIC, 3147



HAIR ANALYSIS

KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Integrative Medicine Customer Service on 1300 688 522.

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|----------------------------|-----------------------------|
| 1 x Cardboard scales | 1 x Request form |
| 1 x Padded post envelope | 1 x Specimen transport bag |
| 1 x Patient checklist form | 1 x Collection instructions |

SPECIMEN COLLECTION

1. Cut hair from the back of the head, at the nape of the neck. Cut hair as close to the scalp as possible.
2. Cut 2.5cm to 4cm (1" – 1 ½") from the root end of the hair (closest to the scalp). Discard the rest of the hair. It is always recommended to provide more hair than less this will avoid any rejections of insufficient sample.
3. Using the cardboard 'scales' enclosed in kit, place pencil or pen underneath card on table as picture directs on cardboard scales.
4. Place cut hair on the 'A' half of the cardboard scales. Ensure enough hair has been placed at 'A' so scale is tipped (as shown on card) to the table top. Approximately 0.5g is needed.
5. Fill out name, date of birth and gender on cardboard scales and place with hair into Specimen transport bag.
6. Also ensure that the NutriPATH Request Form is completed. This includes patient name, date of birth, address and telephone number.



COLLECTION KIT

7. Complete the NutriPATH Patient Checklist Form to ensure there are no delays in test results.
8. Place the Specimen bag with hair sample into the Express Prepaid padded envelope and seal it and post back to NutriPATH.

Thank you for your request.

Results will be forwarded to your referring practitioner between 7 - 14 working days, depending on the analyses requested.