

HAIR SAMPLING INSTRUCTIONS

STEP 1 - WASH YOUR HAIR

It is important to have clean hair to ensure accurate testing of your hair sample. Please wash your hair with shampoo, **the same day or the day before** cutting the hair.

If possible, do not add conditioner or other products before sampling. Please avoid sending dirty, sweaty or greasy hair as this will affect the accuracy of your analysis.

STEP 2 - CUT THE SAMPLE

When taking a hair sample, make sure it is cut as closely to the scalp or skin as possible. To avoid bald spots, you can take several small samples and combine them.

You will only need the first inch (2cm) of hair for analysis. Measure 1 inch or 2cm of hair from the scalp end, then cut off and discard any longer hair. You can place the sample on a clean, flat surface to help you measure it correctly.

Shorter hair is excellent - the shorter the better. Please **do not send hair that is longer than 1 inch/2cm** as this will not reflect your current biochemistry.

STEP 3 - CHECK AND LABEL

The lab requires 125mg of hair to perform a mineral analysis. An easy way to check you have enough is by filling a tablespoon completely with the sample. When you are confident you have enough hair, place the sample in a small, paper envelope and label it with your name, age and gender.

Please **avoid sending samples in plastic bags or aluminium foil** as they may affect the mineral readings.

STEP 4 - ADD YOUR INFO

By clicking the blue box in your confirmation email, you can access your Sample Information Page, which has been filled out automatically for you. You need only **print this off**.

If you encounter any issues locating and printing this page, please do not hesitate to contact us.

STEP 5 - POST TO LAB

You are now ready to send your **hair envelope and sample information page** to Analytical Research Labs, at the following address:

Analytical Research Labs Inc.
2225 W. Alice Ave.
P.O Box 37964
Phoenix, AZ 85069-7964
USA

TIPS

WATER SOFTENERS

If your home has a water softener, **this could affect your hair mineral readings**. To improve accuracy, shampoo your hair twice with unsoftened tap water or reverse osmosis water from the supermarket, before you take your hair sample.

SHAVING AND SAMPLES

If you regularly shave your head, please **cut your hair with a clean electric razor** for sampling. Save the clippings in a paper envelope and repeat this process over time until you can fill a tablespoon with the hair saved.

TINTS AND DYES

As tints and dyes do not contain any minerals, they are unlikely to affect a hair mineral analysis, so **you may sample dyed hair**. To be on the safe side, take your hair sample before dying your hair and use only natural hair dyes.

BLEACHING AND PERMS

These hair **treatments somewhat alter the structure** of the hair. For a more accurate analysis, wash the hair at least five times before sampling. Ideally, sample the hair before a treatment.