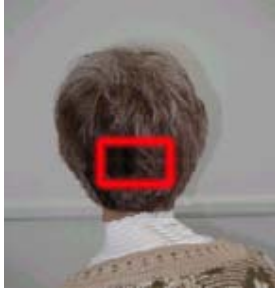


Sampling Instructions



Hair Sampling Procedure

Hair provides a record of past and current trace element levels. As hair grows, nutrient and toxic elements are deposited from the blood stream into the hair follicle and hair shaft. Once a trace element has been incorporated into the hair, it remains fixed. To measure these values reliably and with good reproducibility, the following criteria must be

met:

- Untreated head hair that is cut from the occipital area (back of head) is the preferred sample.
- Substitutes for head hair are pubic hair or clippings of finger nails (underarm hair is not acceptable).
- Because some sample loss results from thorough washing, an adequate amount of sample (about one tablespoon filled with hair) is needed for the analysis.
- DO NOT MIX different sample types (i.e. hair with nails).
- Hair roots are NOT needed.
- Hair that has been chemically treated (“permed”, dyed, bleached, or otherwise treated) WILL NOT provide accurate results. If the hair has been treated, it should be allowed to grow for at least 2-3 months before new sampling.
- Hair analysis results are falsely elevated by:
 - Coloring or tinting agents, which often elevate a number of trace elements or toxic metals. Since today’s cosmetic industry uses many different chemical agents, we have no way of accurately determining their effects.
 - Bleached and/or “Permed” hair results in altered levels of calcium, magnesium, zinc, copper, nickel and other metals.

Procedure:

Hair

- Part the hair in the middle of the back of the head, and pull it out and up.
- Cut a small 1.5 to 2 inch (4.5 to 5.5 cm.) strand of hair close to the head. **DISCARD ends of long strands and KEEP less than 2 inches (less than 5.5 cm) closest to the scalp.**
- Place hair in sampling envelope, fill out the Sampling Instructions Form with the appropriate information and send to MTM.
- Short hair
- Trim one half gram of hair from the back of the head. Use thinning scissors, if possible.
- Place hair sampling (paper) envelope, fill out the Sampling Instructions Form with the appropriate information and send to MTM.
- Pubic hair
- Trim ½ gram of pubic hair with normal scissors.
- Place hair in paper envelope, fill out the Sampling Instructions Form with the appropriate information and send to MTM.

Nails:

- We need a minimum of 0.1gr (100mg) of unpolished nails. This equals about ½ of a filled teaspoon. Place sample in a paper or plastic envelope, fill out the Instructions Form and send to MTM.

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HAIR (or Nail) Sample Submission Form

Please print

Practice/Doctor:

Address:

Place stamp here if possible

E:mail: _____ or fax _____

Patient name: _____

Street address: _____

Zip code: _____ City: _____

Tel: _____ Fax: _____

report recipient: _____ Doctor _____ patient

Note: if more than one is listed, an additional processing fee is charged.

Patient E-mail: _____

Date of birth: _____ female _____ male _____

We use age-dependant reference range. Please provide this information

Submitted sample:

___Head Hair Sample (untreated) ___pubic hair sample ___beard sample ___Nail sample

Credit Card Number _____ Expiration Date: _____

3 Digit Security Number _____ Name on Credit Card _____

Signature of Card Holder _____ Date: _____

Bank Transfer Information:

Raiffeisenbank Hersbruck

Kto: 1000 92 185

Blz: 760614 82

BIC: Genodef1hsb

IBan: de70760614820.100092185

Please include bank statement to avoid delays!