

Hair Sample Cutting Instructions

How to Sample Hair

The accuracy and reliability of the test results and interpretation is based upon the laboratory receiving a properly collected hair sample that is clean and free from external contaminants. The ideal hair sample should be collected prior to subjecting the hair to any treatments such as bleaching, permanents, or dyes. Hair that is dyed may be sampled after dying because dyes do not contain any minerals, however it is best to take the sample prior to dying if possible. This also includes the application of hair sprays, hair creams, gels and oils. **The hair should be washed within 24 hours of sampling and should be allowed to dry before taking the sample.**

Cautions regarding hair products

Most shampoos, rinses and conditioners do not contain minerals and will not affect the accuracy of the analysis. However, medicated shampoos of concern are Selsun Blue (selenium) and Head and Shoulders (zinc). Grecian Formula contains lead and iron.

Permanents or Bleached Hair

These treatments somewhat alter the structure of the hair. Sample hair before the treatment, or wash the hair five times after the bleach or permanent treatment, before sampling the hair.



The hair sample should be cut as close to the scalp as possible and should be a maximum of 1.5 inches in length.

The distal end of the hair longer than 1.5 inches should be discarded. A retest hair sample ideally should be fairly short – not longer than an inch.

The hair may be sampled from any part of the head. Ideally retest samples should be cut from the same area of the head if possible.

What is the Minimum Amount of Hair Needed?

Analytical Research Laboratories requires a minimum of **125 mgs of hair** to complete the mineral test. You may use a paper scale or you may estimate the amount of hair to send. If you are estimating, the amount you need is about the diameter of two pencils, or ½ to 1 tablespoon of hair.

If Your Home Has A Water Softener Before sampling hair, you must shampoo it twice with unsoftened tap water or reverse osmosis water.

If You Have No Head Hair - The next best hair to use is facial hair and the following instructions apply to cutting a hair sample EITHER from facial hair OR from the head for those who shave their head: cut the hair with a clean electric razor, saving the clippings in a paper envelope, then razor again in a week or so, and again catch the clippings in a paper envelope. Repeat until you have **about ½ - 1 tablespoon of hair,** or **enough hair to tip the paper scale.**

Place the hair sample in the sampling envelope provided, OR any clean paper envelope. Label with Name, Age, Sex and place in a second envelope in order to mail it. Do not place hair samples in plastic baggies or aluminum foil.

Do not mix different types of hair such as head hair with pubic hair or beard hair in the same sampling envelope. We strongly recommend using head hair only due to it's consistent rate of growth. Other body hair should only be used after consultation with your practitioner, and if sufficient head hair is not available.



Correct length and amount of hair.



Incorrect; sample is too long and there is not enough hair.

Mailing address: 7606 N Shaggy Tree Ln Tucson AZ 85743

Be sure to include your forms; there are three forms for a first test and one for a retest. You may include your payment if paying by check; checks should be made out in my name.