



The DO'S and DON'TS of Taking a Good Hair Sample

PLEASE READ THIS ENTIRELY BEFORE TAKING YOUR HAIR SAMPLE!

Hair testing can be expensive. We want to make sure you have the most accurate results!



DON'T - use a water softener. Using water that has been softened will cause false elevations of sodium, magnesium, and/or potassium. **The test results will be skewed/inaccurate!** If you have softened water, you must shampoo it **3-4** times with either spring water or distilled water & plain shampoo – like baby shampoo. This can be done in one day or over a period of 2 days. I know this might not be convenient, but **this is a step that cannot be skipped!**

DON'T - use Epsom salt baths prior to cutting your hair sample. Epsom salts contain magnesium sulfate and submerging the hair prior in an Epsom salt bath will drastically raise the magnesium falsely in your hair test. Avoid any Epsom salt baths for 1 week prior to cutting a hair sample.

DON'T - use conditioner on your hair after washing it on the day you will take your hair sample. No styling products, no leave-in conditioners.

DON'T - use underarm, leg, chest, or beard hair. However, you can use pubic hair or fingernails/toenails if head hair is not available. Pubic hair will show a higher phosphorus level. Pubic hair has also been on the body longer than scalp hair. Fingernails and toenails may be combined together but it is important that they be clipped all on the same day. Place the combined amount on the scale to make sure you are submitting enough by weight. Results from your hair test will provide information about your mineral status from a longer period of time, possibly 6 months or more when using pubic hair or fingernails/toenails. **Scalp hair is best and will give you more accurate levels of your current minerals because the hair has just grown out from the scalp.**

DON'T - combine hair from different parts of the body in one hair envelope.

DON'T - mix different types of samples. You cannot mix nails with a hair sample or scalp hair with pubic hair. Only toenails & fingernails can be combined being that they are the same matter.

DON'T - please do not pull hair from the roots of your head. This is not necessary. The lab does not need the hair follicle and they are not able to use it for testing.

DON'T - use hair from hairbrushes or combs. This is often older hair and there is no definite way to tell what end came from the scalp.

DON'T - store or send hair in plastic bags or aluminum foil. No paper clips or hair clips.

DON'T - Dreadlocks are not acceptable for hair testing. The hair must be clean and taken right from the scalp. If nape hair is available, it must be washed several times to remove buildup, debris, sweat, and styling product. If this is not done, the sample will be skewed and test results not accurate. Consider sending pubic hair or finger/toenail sample instead.



DON'T – Do not participate in the “no poo” method (not washing hair with shampoo) around the time of hair testing. Clays, ash, baking soda, and other ways of doing the “no poo” method of caring for your hair is not conducive to hair testing. The items used in this method of hair care can contaminate the hair sample and lead to inaccurate test results. If you are currently using this method, you need to begin using shampoo at least 2 weeks before collecting your hair sample. Be sure to wash your hair several times during these 2 weeks to remove all clay and other contaminants.

DO - use a plain, simple shampoo/no conditioner. Avoid Selsun Blue shampoo and other dandruff shampoos. Selsun Blue contains a form of selenium, and Head & Shoulders contains a form of zinc. Both will alter the levels of selenium and zinc on your hair test. We recommend stopping either of these shampoos for at least **3 weeks** before taking your hair sample.

DO - shampoo your hair the same day or the day before sampling it. Hair must be clean, no dirt, no sweat, or greasy hair samples. If you wash your hair the same day, wait around 4 hours to take the sample but not longer than 24 hours.

DO - make sure that your hair is completely dry before cutting your sample because the required sample size is based on the weight of dry hair not wet.

DO - keep track of which end of the cut hair is from the scalp. Only submit the 1 - 1.5 inches of hair that was directly against your scalp. Cut the hair as close to the scalp as possible. **The hair nearest to the scalp is the most important, it contains your body's current HTMA pattern.** Discard older hair. Do not send in hair that is longer than 1 - 1.5 inches long. To avoid bald spots, cut several small samples from different areas on the head and combine them.

DO - place the hair sample in the small white envelope provided.

DO - use the paper scale from your kit to ensure you have the correct amount of hair. The lab requires 125 mgs (or approx. 1 tablespoon) of hair in order to do the analysis testing. Please add extra hair to the paper scale even after it tips. Having insufficient sample weight will cause several weeks delay in getting your results.

Hair Coloring, Bleaching, Foiling, Highlighting, Perming

DON'T - take your hair sample if you have used henna or Grecian formula. Henna can contain metallic salts which can contain heavy metals. Grecian formula contains lead. Both are bad for your health and your hair sample. **Both products will make your hair test invalid.**

DON'T - use Hair Print Color or any other mineral based colorant. Although Hair Print is a great product and an all-natural choice for hair coloring, this product contains many minerals that will skew your hair test.

DO – if possible, take a hair sample before coloring. However, recent research has shown hair color has not affected hair testing results because hair color contains chemicals not minerals. It is still preferred to take your sample before hair coloring.

DO – try to take your hair sample before perming, bleaching, or highlighting. If the sample cannot be taken before these services, the hair **must be washed 10 times** after any of those hair services before cutting your sample. This allows the hair cuticle to relax. Perming and bleaching alter the structure of the hair.



PLEASE FLIP FOR OTHER SIDE