



AMOUNT: 125milligrams
(0.125g) or enough hair
to cover a 20 cent
coin is required for an
accurate Hair Tissue
Mineral Analysis.

LOCATION: The hair sample should be taken from the
occipital region of the scalp, as illustrated on the other
side of the envelope.
LENGTH: Cut hair as close to the scalp as possible. Use
clean, stainless steel scissors. The length of hair used
should not exceed 3-4cm (or 1.5 inches). Retain the
proximal (root) portion and discard any excess hair. The
freshly grown hair reflects the most recent metabolic activity.
SAMPLE DETAILS: Clean and untreated hair is recom-
mended. Chemical treatments can alter trace element
levels. Virgin (untreated) hair usually can be found
underneath at the nape location. Pubic hair is acceptable
for monitoring toxins. Do not mix head hair with pubic hair.
NB: The report reference ranges are established using
scalp hair.

PATIENT DETAILS

Name _____

Age _____

Sex _____

☐ Male

☐ Female

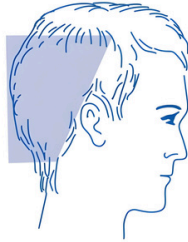
Previous report _____

☐ Yes

☐ No

Sample type

eg Scalp/Pubic/Other _____



NOTE: Cut hair sample from nape or several scalp
locations as indicated above. Follow the directions
on the reverse side of this envelope to obtain
a representative hair tissue sample. Thinning
scissors may be used on short hair.



**InterClinical
Laboratories**

RELIABLE CLINICAL DATA

Fold 4

Fold 1

Fold 3

Fold 2