



## Hair sample collection instructions (HTMA):

Hair should be clean and dry when it is being sampled. The sample should be taken between four and twenty four hours after washing. If one has had a recent dye, permanent, or bleach, we recommend you wait 6 weeks and wash your hair at least 10 times before cutting the hair sample for mineral analysis. Also, before cutting the sample, the hair must be free of hair sprays, hair creams, gels and oils. The hair should have been washed within 24 hours of sampling and must be dry for at least 4 hours after shampooing. Water softeners may also affect hair mineral readings, therefore we recommend that you wash your hair two times with distilled or reverse osmosis water before sampling only if you have a water softener.

Be sure to fill out the patient information on the requisition form completely including "type of sample", shampoo, patient information, and most predominant **current** symptoms.

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. There are several cautions and concerns regarding hair products. Most shampoos and conditioners do not contain minerals that can contaminate the sample. However, medicated shampoos of concern are Selsun Blue (selenium) and Head and Shoulders (zinc). Additionally, Youth Hair and Grecian Formula, hair dyes, contain lead and should be avoided. We recommend you use a simple shampoo before sampling because many shampoos contain EDTA or other chelating agents that remove minerals. Additionally, swimming in pools regularly can affect the mineral hair reading by raising a couple of mineral levels. Heavy sweating and exposure to dust and grime immediately before cutting the sample can also affect the hair reading. This can be avoided by washing the hair before sampling it after one has been exposed to metal, dust, and heavy sweating.

Hair samples should be cut close to the scalp and should be no more than 1.5 inches in length. The hair sample should be the closest 1" to 1.5" inches to the scalp. Discard hair that is further than 1.5 inches from the scalp. Use the scale provided in the sampling kit. Alternatively, if your hair sample fills up a tablespoon, then you probably have the right amount of hair required by the laboratory (minimum 125 milligrams). The recommended location for collection would be the nape of the neck. It is very important to place the hair sample in an envelope. Do not place hair samples in plastic baggies or aluminum foil. Do not tape or staple the hair sample to the envelope. Do not mix different types of hair such as head hair with pubic hair or beard hair in the same envelope. We strongly recommend using head hair only due to its consistent rate of growth. Pubic and other body hair should only be used if sufficient head hair is not available.