

HAIR SAMPLING INSTRUCTIONS

The hair sampling procedure is critical for accurate results. Please read these instructions all the way through **before** taking your hair sample, and call me if you have any questions.

1. PREPARE FOR SAMPLING

- **Shampoo your hair the same day, or the day before sampling it.** Ideally, shampoo it, let it dry, and then cut the sample right away. Use a plain shampoo, if possible. Preferably do not add conditioner or any other products to your hair after washing it on the day you will take the sample. AVOID sending dirty, sweaty, or greasy hair.
- **Tints and dyes.** Some dyes contain minerals, so it is best to take the sample before dyeing your hair or allow your hair to grow out about one inch before taking a hair sample.
- **Permanents and bleached hair.** These treatments damage the hair. Sample your hair before a treatment or allow your hair to grow out about one inch before taking a hair sample.
- **If your home has a water softener.** Before sampling your hair, you must wash your hair three times (three consecutive days) with distilled or reverse osmosis water from the supermarket. Do not allow softened water on your hair between washings.
- **Avoid dandruff and medicated shampoos.** These can elevate hair zinc (Head & Shoulders) and selenium (Selsun Blue) readings. Wash your hair with regular shampoo three consecutive times after using these products before taking a sample.

2. CHOOSE A SAMPLING LOCATION

- **Head hair** is best due to its consistent rate of growth. Also, most hair analysis research used hair from the head. Other body hair should only be used if sufficient head hair is not available. The next best hair is beard hair for men.
- **Use only one type of hair.** Do not mix different types of hair such as head hair with beard hair in the same sample.

Instructions continue on the reverse side

BREZINSKI

NUTRITIONAL SOLUTIONS

- **Retest samples.** Retest samples should be the same type of hair used for the original sample. So, if you used head hair for your initial test, you must use head hair again.

If you have long or medium length hair, and someone to help you, it is possible to find the exact strands of hair that you used to take the original sample. Sampling the new growth from these areas will ensure continuity from test to test. However, this is not required.

3. CUT YOUR HAIR SAMPLE

- **Cut the sample from anywhere on your head, and as close to the scalp as possible.** The nape of the neck is best, but other areas are fine. The way to avoid bald spots with short hair is to cut very small samples from several areas and combine them. **For longer hair,** pin up your hair at your ear line to expose the center of the back of your head. Then cut the sample from the loose hair hanging below. You can cut one large sample across the middle, or two smaller samples on each side.
- **If the sample is longer than 1.5 inches, cut off and discard excess hair.** Set each sample down on a desk or table. Measure about 1 inch or 2 centimeters from the scalp end. Cut off and discard any hair that is more than about 1 inch or about 2 centimeters long from the scalp end.
- **Shorter hair is excellent, as it provides the most recent activity.** AVOID SENDING HAIR THAT IS LONGER THAN 1 TO 1.5 INCHES LONG. DO NOT send hair cut from the ends of long hair.
- **If you shave your head.** Cut your hair with a clean electric razor. Save the clippings in a paper envelope, and then razor cut it again in a week or so, and repeat a few times, until you fill a tablespoon with hair or tip the paper scale (see below).

4. SEND YOUR HAIR SAMPLE

- **Send enough hair.** The lab requires 125 mg of hair. If you have a paper scale, it must tip for you to have enough. Otherwise, please completely fill a tablespoon with hair.
- **Place your hair sample in the small white envelope.** Print your *name*, *age*, and *gender* on the hair sampling envelope.