

HAIR SAMPLING INSTRUCTIONS

Please follow instructions below closely. This is important for an accurate test result. **On the next page are more instructions you should read before cutting your sample.**

We need about **a full tablespoon** of hair (or enough to tip the scale if we have mailed you one). Head hair is best. The hair on the back of the head often grows fastest and is easiest to sample, but any part of the head may be used. If head hair is not possible, the next best is beard hair, then arm/chest hair, **but do not mix sample types** (for example, do not mix beard hair and head hair). Pubic hair is not as accurate and should only be used as a last resort. Please use hair from the head if at all possible. **If using anything other than head hair, please indicate where the hair is from on the hair envelope.**

Hair Preparation: Make sure your hair has been washed, preferably with a mild soap or with shampoo, before sampling. Wait at least 4 hours after washing to cut the sample but no longer than 24 hours. Hair needs to be dry when sampling. Avoid using conditioners or rinses for best results. Do not place other products on your hair such as hair cream, hair spray or others until after you have cut the hair sample. **(IF YOU HAVE A WATER SOFTENER IT IS VERY IMPORTANT THAT YOU WASH YOUR HAIR TWICE WITH SPRING WATER OR REGULAR, UNSOFTENED TAP WATER BEFORE SAMPLING.** This does not have to be twice in the same day, but needs to be two times in a row [do not allow the softened water to get on your hair between, during or after the two washings]. Once you have cut the sample, you may return to using your regular softened water.)

Tints, dyes, color rinses and highlighting: These can be on your hair when you cut a sample for analysis. Most of these do not affect the test because they do not contain any minerals. Therefore, one may cut the sample at any time. It would be best to wash the hair once or twice after applying tint or dye.

Grecian Formula and a few other dyes contain lead, which will show up as an elevated lead reading. Lead-containing dyes should never be used. We recommend using only natural hair dyes, as the others contain toxic chemicals that are absorbed into the body.

Bleaches and Permanents: These can alter the structure of the hair. So sample the hair before a treatment, or wash the hair five times after a bleach or permanent treatment before sampling the hair (the hair will tend to re-balance after five washings).

Heavy sweating just before sampling can alter the test and should be avoided. Swimming in pools can increase copper and sodium readings on the test.

Hair Cutting Procedure: Using clean scissors, cut several small snips of hair as *close as possible to the scalp*. You may cut the samples from any part of the head.

Keep track of which end of the cut hair is from the scalp because you now need to cut off from the opposite end any long ends of hair that are over 1 inch (or about 2 centimeters) long. The long ends of hair are older and are not as good for sampling. The new hair, near the scalp, is much better.

You will have enough hair when the 1-inch (or shorter) cut samples will fill an ordinary tablespoon (or tip the hair sampling scale). Place the cut hair in a **clean, paper envelope** or use the one provided with the scale. Write your name, age and sex on the envelope.

Mail with payment and forms to:
(or schedule to bring your sample in person)

**Moses Nutrition
501 W. Glenoaks Blvd. #460
Glendale, CA 91202
USA**

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ADDITIONAL INFORMATION:

- * **Please DO NOT send samples of hair to the laboratory that are dirty, sweaty or greasy.** Ideally, hair should be washed within 24 hours of sampling it. In older people whose hair is less oily, this is less critical, however.
- * **DO NOT use an electric razor to cut the hair sample, because pieces of metal from the blades become mixed with the hair sample.**
- * **The sample should be cut from as close to the scalp as possible and should be a maximum of 1 to 1.5 inches long.** Do not send long hair, especially not the ends of long hair. Long hair or hair cut from the ends of long hair will give old and less accurate readings. Short hair is excellent, and the shorter the better, in fact.
- * **On a retest,** try to use hair from the same part of the body as the original test, and if from the head, try to get it from the same general area of the head as the first test.
- * **Please send enough hair.** The paper scale must tilt to provide enough hair. The equipment requires 125 mg or so of hair. A little less may be sent, but this is less advisable and only to be done in an emergency. The lab will retest any mineral levels reported far out of the ideal range at no extra charge, but only if they have extra hair to work with.
- * **DO NOT place hair samples in plastic baggies, tin foil, or stapled to the scale or to the envelope.** Use the small white envelope from the lab or a clean paper envelope.
- * **Head and Shoulders Shampoo** contains zinc and could elevate zinc readings. **Selsun Blue Shampoo** contains selenium and can elevate this reading.
- * **Hair Salons.** If hair will be sampled by one's hair stylist, make sure to tell the stylist to cut the hair from underneath, as close to the scalp as possible, and anywhere on the head is okay. Be sure to then cut off and throw away the long ends of the hair if they are over about 1 inch long. To avoid leaving bald spots, one can take several small samples from different areas and combine them to form the sample. A lot of hair stylists do not like to do this, and will not cut the sample correctly unless reminded.
- * **Please put your name, age and sex on the hair sampling envelope to avoid confusion.**
- * **If you are scheduled to have someone at our office cut your hair,** please prepare your hair for cutting per instructions above, and fill out the forms and bring them with you.

REGARDING THE FORMS:

- * **Please fill out the forms thoroughly and clearly.** We especially must be able to read your address, email and phone number.
- * **The Symptom Checklist.** Check only *current symptoms*. Do not include symptoms or illnesses from years ago or even months ago if they are not current.
- * **Children.** When sending children's hair samples, make sure you include the *weight* and *height* of the child. This is the only way it is possible to design a supplement program appropriate for a child.