

# HAIR ELEMENTS SPECIMEN COLLECTION KIT



SCIENCE + INSIGHT

# BEFORE YOU START:

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## 1 **Verify Kit Contents:**

- 1 Hair Scale with collection instructions
- 1 Zip lock specimen bag
- 1 Return mailing envelope
- 1 Requisition form

*If you are missing kit components, please call Regenerus Labs Client Services department for assistance.*

**+44 (0) 2037500870**

## 2 **Please read all of the directions, and familiarize yourself with the collection procedures.**

The test requires no special diet and you do not need to discontinue taking medications or dietary supplements unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.*

Collect the hair specimen according to the directions on the scale. Hair that has been permed, dyed, bleached, or otherwise chemically treated is vulnerable to contamination and is not recommended for analysis. Do not mix head hair with pubic hair.

## 3 **Complete the paperwork.**

Write the patient's name, the date of collection, and patient's date of birth on the specimen bag then fill out the test requisition form completely and sign it. The test cannot be performed without the patient information on the bag and a properly filled out requisition form. Place the completed requisition form and the bag into the return mailing envelope and send.

**Consult your physician if you have any questions during the test collection process.**

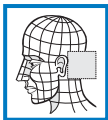
# COLLECTION INSTRUCTIONS:

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1. Set up the scale as diagrammed. Bend the black tabs down to form a fulcrum and place on a level surface.



2. Cut samples of hair from back of head (see illustration). Using stainless steel scissors, cut hair as close to the scalp as possible. It is best if small amounts of hair are cut from 5 or 6 areas in the back of the head.
3. As each piece of hair is cut from the head, save only 1 inch (2.5 cm) of the hair closest to the scalp. Cut off and discard the rest. Place the saved hair on the scale.



4. Keep cutting and adding hair to the scale until it tips. The scale is designed to collect about 0.25 grams of hair, equivalent to one heaped tablespoon.
5. Label a clean plastic bag with the patient's name, date of birth, sex, date of collection, doctor's name, and hair type.
6. Put the hair into the plastic bag, seal, and send to Regenerus Laboratories.

**For best results we recommend mailing specimens as soon as possible.**

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