



ANTA Member: 20611

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HOW TO TAKE A HAIR SAMPLE

Instructions

1. Make sure your hair is clean.
2. Select hair from the nape of the neck and/or several other locations on the back of the scalp. For best results, cut the hair as close to the scalp as possible.
3. Use clean, stainless steel scissors to collect a sample this size pictured. Cut directly into a new snap lock bag.
4. Label bag with your full name and post to the address below.

How much hair?



The lab requires about 500mg of hair for testing. Provide enough hair to fit the line above.

- If the sampled hair is less than 4cm long:
 - keep all of it for testing.
- If the hair is longer than 4cm
 - cut off and keep the 4cm of hair that was growing closest to the scalp (discard the excess).

If required, hair sample can be made up pieces from various parts of the scalp.

What kind of hair?

Hair from the back of the head is recommended. It does not matter if your hair has been dyed.

- Short hair
 - Best to grow a little and make the collection from across all parts of the scalp.
 - Arm or leg hair can be used if you have no head hair.
- Babies & no hair
 - If there is no hair, turn the plastic bag inside out
 - Rub the bag side the mouth and around the gums or place saliva on a cotton bud.
 - Turn bag inside out or place the cotton bud in the snap lock bag.



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How do I do a mum & baby combined test?

If you are breastfeeding, you can do a mum and baby combined test, take a sample of yours and you baby's hair and place in the same bag. You will be provided with a combined report.

Where do I send my hair sample?

Send your hair sample and contact details in an enclosed express envelope to:

Sarah Appleford Nutrition

23 Crofton Street

Geelong West VIC 3218

If order with hardcopy form, place form inside envelope. The receipt of your hair will be confirmed via email or phone.

Payment is required before your sample and information will be sent to the facility for testing. Upon receipt of the test results (allow 10-12 days), you will be contacted to arrange a 30 min consultation (online or in-person) to discuss your results and how to implement the changes as well as track your progress over the 6 months.

Need further help?

Send an email to hello@sarahappleford.com