

SAMPLE COLLECTION PROTOCOL

Proper collection of the hair sample is extremely important and cannot be over-emphasized. The following guidelines should be maintained to insure the collection of a metabolically representative sample and to avoid the introduction of external contaminants prior to, during and following the collection process.

SAMPLE TYPE

Scalp hair is the only source recommended for analysis. Pubic and other body hair should only be used as a last resort if scalp hair is not available.

Note: Pubic and other body hair is only recommended for confirmation of elevated toxic metals found in the scalp hair and/or to rule out external contamination of the scalp hair.

PREPARATION

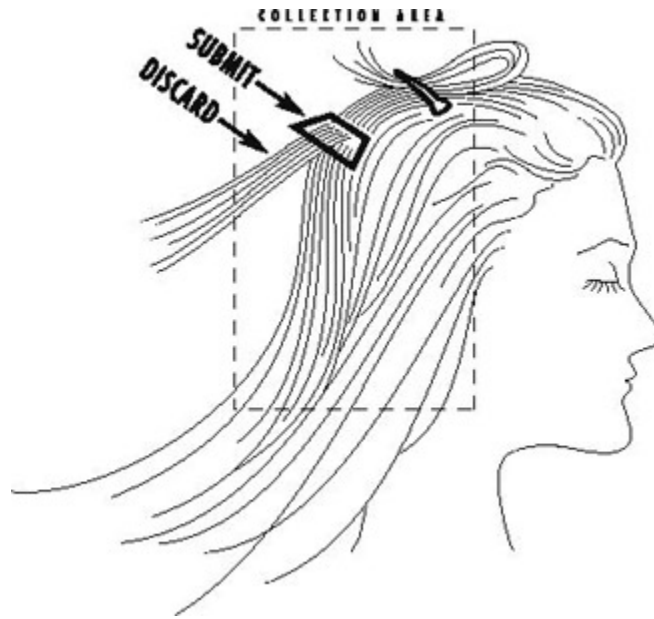
Make sure to wash your hands first before starting. Use an antibacterial soap and rinse thoroughly so your hands are free of any lotions before you touch the hair sample to be collected. **The portion of hair to be collected should be untreated, i.e. not permed, dyed or bleached for at least 6 weeks before.** If all of the hair has been chemically treated, wait until sufficient new virgin growth has emerged to allow collection. The hair should also be free of all gels, oils and hair creams prior to sample collection. For those individuals environmentally and/or occupationally exposed to external contaminants, (welding, mining, etc...) special care should be taken to limit exposure between washing of the hair and the collection of the sampled hair.

LOCATION

Each sample should be taken in small portions from 5 locations of the scalp. For each location, lift a small section of hair and fold forward. Collect the section directly underneath that part. See picture below:

- 1) Top of the head, but behind the ears.
- 2) Back portion of the head, the middle section, but behind the ears.
- 3) Nape of the neck (bottom, middle portion of the neck), but behind the ears.
- 4) Right side of the head, directly above the right ear, but behind the right ear. .
- 5) Left side of the head, directly above the left ear, but behind the left ear.

Note: All reference range correlations, dietary recommendations and interpretive report content assumes that the complete hair specimen originated solely from the above defined regions of the scalp.



SAMPLE LENGTH

High grade stainless steel scissors or thinning shears should be used. Keep only 1 ½ inches of the fresh hair (root area) which is to be placed into a white envelope and kept open until all 5 sections are collected. Each hair sample should be the thickness of a pipe cleaner used in crafts. Discard the excess.

Note: The root area is reflective of the most recent metabolic activity.

WEIGHT

The weight requested for a hair specimen is 125 milligrams (0.125 Gram). One full teaspoon should approximate the weight requirement.

PACKAGING

Upon cutting the sample, the hair should be placed directly into a clean white envelope that is folded and placed inside another mailing envelope. They are both to be sealed only with the glue flap. Then it should be mailed to your Wellness Coach. WBH will provide you with the mailing instructions and address.

Note: Do not use plastic bags in place of the standard paper envelopes to hold the hair specimen. In addition, do not use staples, paper clips, adhesive tape, aluminum foil or other metal and paper material of any kind to seal, secure or wrap the hair envelope and/or the hair specimen contained within.

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