



metametrix[®]

Clinical Laboratory

3425 Corporate Way

Duluth, GA 30096

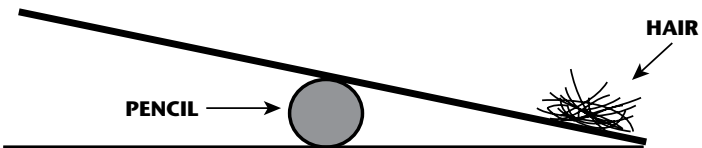
800.221.4640 770.446.5483

PLACE PENCIL UNDER HERE

- 1. SET** up card as shown below. The pencil is under the card.



- 2. PLACE** hair on the "X" on the top half of this card.
- 3.** When the card tips over to the table top, you will have a sufficient amount of hair (approximately 1/2 grams).



**SEE DIRECTIONS ON REVERSE FOR
OBTAINING SPECIMEN AND SHIPPING**



ELEMENTSSM

**NUTRIENT & TOXIC
TOXIC METALS**

SPECIMEN COLLECTION INSTRUCTIONS

- 1. CUT** hair as close to the scalp as possible (1/4 inch or less).
- 2. TAKE** hair samples from 5 to 7 different spots on the back of the head.
- 3. MEASURE** the correct amount using the instructions on the other side of this card.
- 4.** Permed or bleached hair can not be used for 2 months after last perm or bleaching.

SHORT HAIR

Thinning shears may be used by placing the shears next to the scalp.

LONG HAIR

Choose a location on the back of the head. Pin back nearby hair, cut a small bundle at the scalp. Hold the scalp end of hair while you cut off the specimen. Discard any hair more than 1 1/2" from the scalp. Repeat at several other locations across the back of the head.

SHIPPING

Write patient's name, doctor's name and date of collection on the outside of the plastic envelope. Seal plastic envelope.

Complete Test Requisition Form, fold and place inside the white postage paid return envelope along with the plastic envelope. Seal and mail to Metametrix.