

## COLLECTION INSTRUCTIONS

# Your hair mineral collection

This test measures minerals and trace elements in a small snip of your hair. Using the right hair – and enough of it – is what makes your result accurate.



### A simple test you do at home

Your kit is posted directly to you – no collection centre visit needed. Snip a small hair sample at home, measure it with the card provided, then mail it back to the lab.



#### From the scalp

nape of the neck



#### 2.5–4 cm

from the root end



#### About 0.5 g

a heaped tablespoon

## 1 Which hair to use

The hair needs to be untreated, and all from one area – this keeps your mineral readings accurate.

### USE

**Head, chest or pubic hair** – as long as it hasn't been treated.

### AVOID

**Dyed, bleached, permed or chemically-treated hair** (not suitable for testing), **underarm hair**, and **mixing hair from different areas** – keep your whole sample from one place.

## What this test measures

### NUTRIENT MINERALS

Calcium

Magnesium

Chromium

Copper

Iron

Manganese

Selenium

Zinc

### TOXIC MINERALS

Aluminium

Arsenic

Cadmium

Lead

Mercury

Nickel

Silver

Tin

### Check your kit

- 1 × cardboard scale card
- 1 × request form
- 1 × reply-paid padded envelope
- 1 × specimen transport bag
- 1 × Patient Checklist Form
- 1 × collection instructions

## 2 Cutting your sample

Best taken from the back of the head, where any short regrowth is least noticeable.

- 1 Cut hair from the **back of the head, at the nape of the neck**, as **close to the scalp** as possible.
- 2 From the cut hair, keep the **2.5–4 cm (1–1½ inch) closest to the root** and discard the rest. The root end is what's tested.
- 3 Aim for **about 0.5 g** of hair – roughly a **heaped tablespoon**. It's better to provide a little more than too little, so your sample isn't rejected as insufficient.

### Measuring with the card

Your kit includes a cardboard "scale" to help you measure the right amount:

- ☒ Rest a **pen or pencil** under the card, on the marked line.
- ☒ Place your cut hair on the **"A" side** of the card.
- ☒ Add hair until the **"A" side tips down** to the table – that's about the right amount.

## 3 Packing & sending

- 1 Fill in your **name, date of birth and gender** on the reverse of the cardboard scale, then place it (with your hair) into the specimen transport bag.
- 2 Check your **request form** is complete (name, date of birth, address, phone) and complete your **Patient Checklist Form**.
- 3 Place the transport bag and forms into the **reply-paid padded envelope** and post it back the **same day** via your nearest Royal Mail post box or Post Office.

**Need a hand?** If anything is unclear, email us at [info@i-screen.ai](mailto:info@i-screen.ai) before you begin.

**Your results:** Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard, typically within **10–12 days**. We'll email you as soon as they're ready.