

## HAIR SAMPLE INSTRUCTIONS





## 1: DOWNLOAD & PRINT YOUR LAB FORMS

Download your Hair Mineral Analysis Lab form here:

Hair Mineral Analysis Lab Form

## 2: CUT YOUR HAIR SAMPLE

Cut your hair sample

- A full teaspoon of hair 125 milligrams (0.125 gram) is required for the test. Cut 1 inch (2.5 cm) of hair from the scalp.
- A video and detailed Instructions for cutting your hair sample can be found here .
  - > How to Cut a Hair Sample

## 3. MAIL US YOUR HAIR SAMPLE



- Place your hair sample in a small paper envelope with your name on it.
- Place hair sample envelope and the TEI hair mineral analysis lab form into a larger envelope for mailing.
- Send to our offices at:

Myers Detox 405 Mapmaker Lane Savannah, GA 31410

We'll email you as soon as we receive your results from the lab and instruct you how to book your appointment.

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