

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.