



## Welcome To Your Test Kit

You have chosen to do a Hair Elements Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Hair scale
- 1 x Resealable plastic bag

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.



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## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### Prior to collection

- This test does not require a special diet or any other preparations prior to collection.

### If you are taking any medication and/or supplements

- You do not need to discontinue taking medications or dietary supplements unless otherwise instructed by your physician.
- Never discontinue prescription medications without first consulting your physician.

### Important

- Collect your hair specimen according to the directions on the scale. Hair that has been permed, dyed, bleached, or otherwise chemically treated is vulnerable to contamination and is not recommended for analysis. Head hair is generally preferred because it grows faster than pubic hair and can give a shorter history than pubic hair. However, if head hair is chemically treated, pubic hair is preferred.
- DO NOT mix head hair with pubic hair in the sample.

## Collection Procedure



### Step 1:

Write your full name and date of birth along with the date and time of collection on the resealable plastic bag. Also note the date and time of collection on the Personal Information Form.



### Step 2:

Wash and dry your hands with a clean towel.



### Step 3:

Set-up scales by bending the tabs down as illustrated on the hair scale.



### Step 4:

Using stainless steel scissors, cut hair from the back of your head as close to scalp as possible. It is best to cut hairs from 5 different areas around your head. If your hair has been permed, dyed or bleached please use pubic hair.



### Step 5:

As each piece of hair is cut off from your head, save only 2.5 cm of the hair closest to the scalp.



### Step 6:

Discard the rest of the hair.



### Step 7:

Place the saved hair onto the scales until they tip (the scale is designed to collect about 0.25 grams of hair).



### Step 8:

Put the hair sample into the resealable plastic bag and seal.



### Step 9:

Please mark on your Personal Information Form if you have used head OR pubic hair.

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Personal Information Form: make sure the form is completed.
  - Resealable plastic bag: make sure that you have filled out all information on the bag.
- Prepare your shipment:
  - Place the resealable plastic bag containing your sample along with the completed Personal Information Form into the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).