



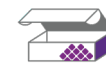
Collection Instructions: Hair – Metals Toxic + Nutrient Elements

Your practitioner has requested that you perform this test because your hair is a living record of your heavy metal exposure. It grows ½ to 1 inch in a typical month, and as it grows it deposits contaminants such as heavy metals. A hair sample provides a record of exposure.

Test Kit Contents

Start by identifying these elements of your test kit.

If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



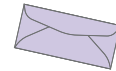
Test kit box
or envelope



Clear zip-lock
bag



Cardboard
hair scale



Return shipment
envelope

Before You Start:

If you recently treated your hair do not complete the test. Hair that has been permed, dyed, bleached, or otherwise chemically treated is vulnerable to contamination and should not be used. For best results wait at least one month following any of these procedures for new hair to grow out.

As an alternative, if you are unable to use head hair, you may use pubic hair. **Do NOT** mix head and pubic hair in collection.

For online instructions
use the QR code or visit
mosaicdx.com/instructions



Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available
Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com

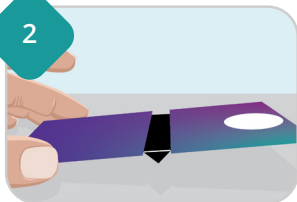
Let's Get Started

1



Complete the information on the barcode sticker by writing the patient's name, date of birth, and collection date. Place the barcode sticker on the clear zip-lock bag. Use blue or black ink from a ball-point pen – do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

2



Set up the scale - Fold down the black tabs to create the fulcrum and then place on a clean, level flat surface. The side with the white circle should be in the up position (not touching the table).

3



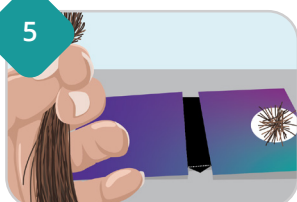
For best results, we recommend that you use a pair of clean, sharp stainless-steel scissors. Select 5-6 small places on the back of your head that you can easily reach with your scissors.

4



Cut as close to the scalp as possible to make sure you are capturing the most recent hair growth. Save only 1 inch (2.5 cm) of the hair closest to the scalp, discard the rest. Place the hair that was closest to your scalp on white circle on the scale.

5



Continue to add hair until the scale tips down to touch the table. Place hair in the clear zip-lock bag.

Repeat Step 4 as each scale tip produces .25 gram of hair. **One half gram (.5g) of hair is required** for a successful collection, which equates to approximately one packed tablespoon.

Preparing the Package

1

Seal the clear zip-lock bag.

2

Ensure the barcode label on the kit bag has been completed.

3

Place the zip-lock specimen bag in the supplied shipping envelope.



Locate the shipping instruction card for details on how to ship.

NOTE: If you are shipping this with other Mosaic test samples, package the hair sample inside the purple shipping envelope, and then place it inside the kit box. Do not place the envelope directly into the Laboratory Pak provided with the other kit.

Your test results will be delivered to your healthcare practitioner within 2-3 weeks after the sample(s) being received at Mosaic Diagnostics.

It will be up to your healthcare practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps. Mosaic Diagnostics personnel cannot discuss test results directly with patients or their family members.