



**MOSAIC™**  
**DIAGNOSTICS**  
*Formerly Great Plains Laboratory*

# Your Body Has Something to Tell You

This is How We Listen

**Hair Collection Kit Instructions**





## Heavy metals are common environmental toxins.

“Heavy metals” are a class of dense metallic elements such as mercury, lead, cadmium, chromium, and arsenic, that are commonly used by industry, and unfortunately also commonly present in polluted air, soil, and water.

Heavy metals enter your body in the air that you breath, through skin contact, and in the food and liquids you consume. Once present, they tend to stick around, building up in body tissue including the central nervous system where they can cause significant developmental and neurological damage.

## **Your hair is a living record of your heavy metal exposure.**

The hair on your head grows one half to one inch in a typical month, and as it grows it deposits contaminants that are present in your system such as heavy metals. Toxic metals can be 200-300 times more concentrated in hair than in blood or urine, so a hair sample provides a highly sensitive record of any exposure.

For this test you'll be asked to provide a small sample of hair from closest to your scalp so we can track your recent exposure to heavy metals and other related contaminants. It is fairly simple, but there are a couple of details we need you to follow, so please follow along with the directions on the next few pages.

# Test Kit Contents

Start by identifying these elements of your test kit.



*Test Kit Box  
or Envelope*



*Cardboard  
Hair Scale*



*Zip-lock  
Specimen Bag*

## **You Will Need Your Own Scissors**

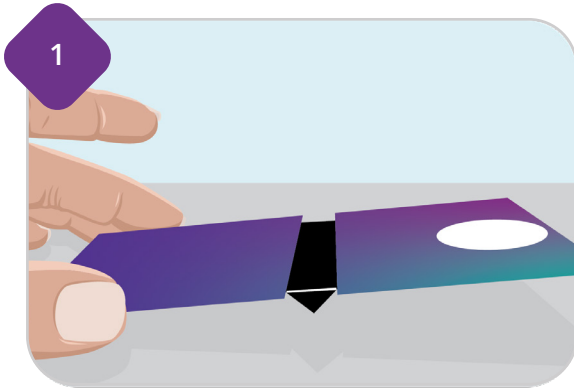
For best results we recommend that you use a pair of clean, sharp, stainless-steel scissors.

## **Return Shipping Materials**

Kit will include one of the following:

- Purple Shipping Envelope
- Shipping Laboratory Pak
- Purple Envelope

# Preparing For Your Test



## Set Up Your 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).



2

**Make Sure That Your Personal Information is Correct.**

Write your name and date of birth, your practitioner's name, and the collection date on Zip-lock Specimen Bag. If your name and date of birth do not match the order, we cannot process the test.



3

**Do Not Complete the Test if You Recently Treated Your Hair.**

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.

# Let's Get Started



**Locate the following items** in your collection kit, including the Cardboard Hair Scale, the Zip-lock Specimen Bag, and your personal scissors. Make sure the scale is on a clean, flat surface with the side containing the white circle in the up position.

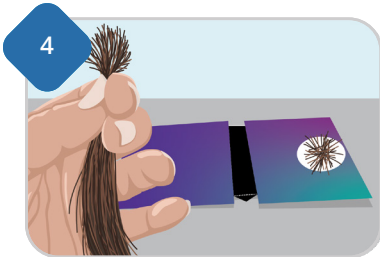


**Select 5-6 small places on the back of your head** that you can easily reach with your scissors where you plan to make your cuts.



### **Cut as close to the scalp as possible**

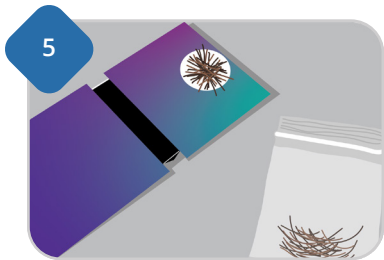
to make sure you are capturing the most recent hair growth. Check out each tuft of hair that you cut. Save only 1 inch (2.5 cm) of the hair closest to the scalp, discard the rest. Place the hair that was closest to your scalp on white circle on the scale.



### **Continue to add hair until the scale tips**

down to touch the table. Place this collected hair into the Zip-lock Specimen Bag.





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



**Double check your information on the bag** to ensure that everything is correct and that your name and date of birth match what is on the order.

# Preparing the Sample to Ship

1

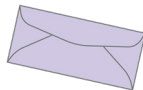
**Seal the Zip-lock Specimen Bag.**

2

**Ensure the barcode label** on the kit bag has been completed and matches the Online Registration (or Test Requisition Form).

3

**Place the Zip-lock Specimen Bag in the supplied shipping envelope** if you did not register online include the paper copy of your Test Requisition Form.



4

**Locate the shipping instruction card** included in your test kit for details on how to ship your collection(s).

## What's Next?

Your test results will be delivered to your doctor or health advisor generally within two weeks after being received at Mosaic Diagnostics labs.

It will be up to your doctor or 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.

For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. For privacy reasons, Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

# 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](mailto:CustomerService@MosaicDX.com)