For the most current instructions, use the QR code or visit mosaicdx.com/instructions

MOSAIC DIAGNOSTICS

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Collection Instructions: Metals & Elements – Toxic + Essential (Hair)

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

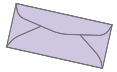
Start by identifying these elements of your test kit.

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:

Rinse hair thoroughly and dry it completely before collecting your sample.

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.

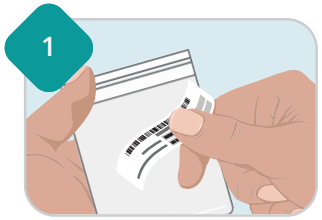
Any Questions?
If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:

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

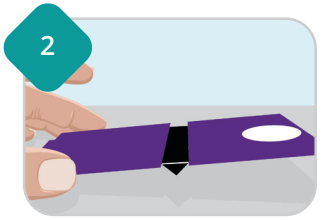
1



Complete the information on the barcode sticker by writing the patient name, date of birth, collection date and time. Use blue or black ink from a ball point pen. Do not use felt-tipped pens or dry erase markers. **If this information is missing, your sample will be rejected.**

Place the barcode sticker on the clear zip-lock bag. Remember: Your sample can't be tested without patient information on the bag containing the sample.

2



Set up the scale - Follow the instructions printed on the scale.

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.

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 5-7 business days of receiving your sample(s) 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.