More about the hair sample

How much hair?

The laboratory requires a 100mg which is approximately a heaped teaspoon full of hair.

What type of hair?

Head hair is preferred but if unavailable, you can use facial or pubic hair. If no hair is available than nail clippings can be tested. These alternative tissues may not be as reliable as head hair and may not provide accurate recent nutrient mineral data, but they will monitor toxic mineral levels.

NB: Please do not mix samples - i.e. do not mix head hair with facial hair.

The only shampoo that may affect the result is anti-dandruff shampoo so if this is something you usually use, switch to baby shampoo for a few washes before taking your sample.

How and where to send the sample:

Unlike some medical samples, hair is stable and this means it will not deteriorate. While you should post as soon as you can to get your results back quickly, the sample will be fine if you cannot for any reason get it sent off immediately.

When ready, please post by ordinary mail to:

Mineral Check Ltd, Bull Cottage, Lenham Heath Road
Lenham Heath, Kent ME17 2BP

Results take 7 to 10 working days and will be returned to your practitioner (or direct to you if there is no practitioner).

mineral check

Taking a hair sample is easy!

Wash your hair and rinse well, leave to dry.

Do not use styling products before taking the sample. If your hair is treated or coloured, please wait 6 weeks before taking a sample from the new growth.

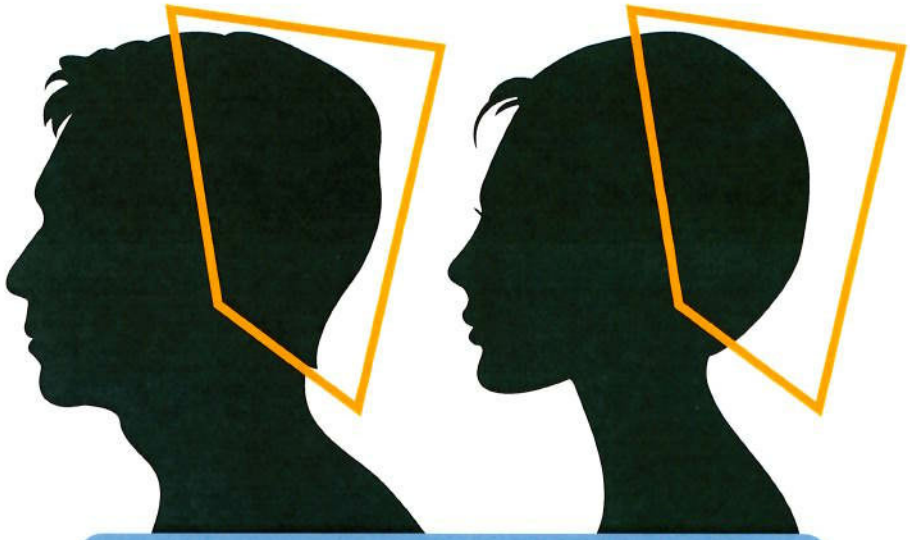
If however your test is urgent, please go ahead as it's rare for dye to affect a sample, we just like to err on the side of caution.

As close to the scalp as possible, cut small amounts of hair from the nape of the neck and back of the head as this reflects the most recent metabolic activity in the body.

If your hair is less than 3cm long (1.5 inches) keep all of it for testing. If it's longer, keep the 3cm of hair that was closest to the scalp and discard the rest.

When you have the sample ready, simply pop it directly into the envelope provided - no need to wrap or cover with anything.

The amount of hair should completely cover the box on the back of the envelope (approximately 1 heaped teaspoon full).



Be sure to cut the first 3cm of hair closest to the scalp from this area