

# Results

Your healthcare practitioner can expect to receive results 2-3 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

**[www.adltests.com](http://www.adltests.com)**

## Hair specimen collection instructions

# Before you start

### Check the contents of the test kit

- 1x Hair sampling instructions card
- 1x Hair mineral analysis specimen bag
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Self-addressed envelope

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

*Read the enclosed instructions before proceeding.*

## This kit can be used for any of the following tests

- Hair Mineral Analysis Level 1 (5013)
- Hair Mineral Analysis Level 2 (5014)

## Practitioner, payment and testing details

*Complete the ADL request form enclosed.*

*Be sure to complete all patient information and payment options.*

## To ensure we can provide accurate results

- One week prior to testing, use Johnson's® Baby shampoo. Many other shampoos, especially the anti-dandruff variety, interfere with the test results
- Do not use hair that has been permed, bleached or colored within the last two months, as this treatment may interfere with the test results
- Collect hair closest to the roots (scalp)
- Pubic hair or beard hair may be used if insufficient hair from the head is available. However do not mix hair from different parts of the body for this test.

## Specimen collection

- Fill out patient details on the hair analysis specimen bag
- Place a pencil under the hair sampling instructions as seen in the diagram on the card
- Cut hair from 5-7 areas on the back of the head cutting close to the scalp (as shown on the back of the card)
- Trim and discard the tips of the hair sample, leaving only the 2.5-4 cm of the hair which was closest to the scalp for testing
- Place this hair on area 'A' of the instructions card
- An adequate quantity of hair (0.5g) has been collected when the 'A' section of the card is weighed down and touches the table surface
- Gently pick up the card and funnel the hair into the hair analysis specimen bag.

## Returning your specimen to Age Diagnostic Laboratories

- Seal the bag and place it in to the self-addressed envelope along with the completed request form
- Post sample to Age Diagnostic Laboratories (ADL)

*If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).*