

# Micro Trace Minerals

Laboratory for spectralanalytical and biological testing

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## HAIR (or Nail) Sample Submission Form

Client Name \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Day Phone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_  
E-mail address \_\_\_\_\_

\_\_\_ Head Hair Sample (untreated) \_\_\_ pubic hair sample \_\_\_ beard sample \_\_\_ Nail sample

Male  Female DOB: \_\_\_\_\_

Please Describe Any Health Problems

\_\_\_\_\_  
Nutritional Supplements (List any supplements that you have taken over the past 6 months)  
\_\_\_\_\_  
\_\_\_\_\_

Additional Information

\_\_\_\_\_  
Date of previous mineral analysis \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
3 Digit Security Number \_\_\_\_\_ Name on Credit Card \_\_\_\_\_

**PLEASE NOTE: WITHOUT 3 DIGIT SECURITY NUMBER THE ANALYSIS CAN'T BE PROCESSED**

Signature of Card Holder \_\_\_\_\_

**Bank Transfer Information:**

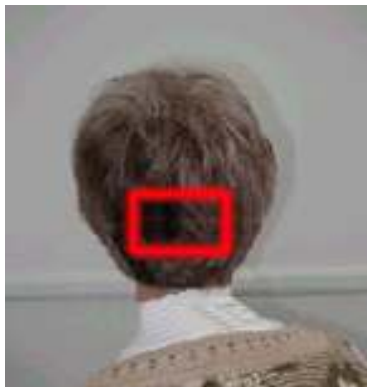
**Raiffeisenbank Hersbruck**

**Kto: 1000 92 185 Blz: 760614 82**

**BIC: Genodef1hsb IBan: de70760614820.100092185**

Please collect sample from area indicated below

I am a patient of :



**Carin Smit –**  
**COUNSELOR IN CLINICAL NUTRITION**  
*(Educational and Wellness Trainer and Consultant)*  
**SYNAPSE AFRICA/IRELAND BRAIN DYNAMICS CLINIC**  
Suite 575, Postnet Town Square  
Private Bag X09  
Weltevreden Park,  
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**Micro Trace Minerals / Trace Minerals International**

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**SAMPLE ENVELOPE DETAILS**

***PLEASE NOTE: THIS TEST COSTS €104 IN EUROPE  
AND  
€90 FOR THOSE OUTSIDE THE EU.***

**Patient Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **M** \_\_\_\_\_ **F** \_\_\_\_\_

**Address:** \_\_\_\_\_

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**Tel:** \_\_\_\_\_ **Fax** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Hair Profiles:** Full \_\_\_\_\_ lpg \_\_\_\_\_  
Profile 1 (31 elements)  
Profile 2 (61 elements)

**Hair Type: (please specify) Head hair:** \_\_\_\_\_ **Pubic Hair:** \_\_\_\_\_ **Chest/Beard:** \_\_\_\_\_ **Nails:** \_\_\_\_\_

**Note:** Reliable results can only be obtained from hair that is chemically **UNTREATED**. Test hair is best about 3 – 10 cms in length from the nape of the neck. Pubic, chest, beard hair & nails may also be substituted.) Please submit 0.500 grams (2 – 3 teaspoons) of test material.

\_\_\_ Check to receive report by e-mail: E-mail address: \_\_\_\_\_

- |  |   |   |   |
|--|---|---|---|
| 1. Addictions <input type="checkbox"/> | 10. Constipation <input type="checkbox"/>           | 20. Headaches/Migraine <input type="checkbox"/>   | 32. Obesity <input type="checkbox"/>              |
| 2. Allergies <input type="checkbox"/>  | 11. Chronic Diarrhea <input type="checkbox"/>       | 21. Hyperactive/ kinetic <input type="checkbox"/> | 33. Osteoporosis <input type="checkbox"/>         |
| 3. Anaemia <input type="checkbox"/>    | 12. Cystic Fibrosis <input type="checkbox"/>        | 22. High Cholesterol <input type="checkbox"/>     | 34. Parkinson <input type="checkbox"/>            |
| 4. Alopecia <input type="checkbox"/>   | 13. Depression <input type="checkbox"/>             | 23. High Blood pressure <input type="checkbox"/>  | 35. Phlebitis <input type="checkbox"/>            |
| 5. Asthma <input type="checkbox"/>     | 14. Dermatitis (skin prob) <input type="checkbox"/> | 24. Hypoglycaemia <input type="checkbox"/>        | 36. Prementrual Syndrome <input type="checkbox"/> |
| 6. Arthritis <input type="checkbox"/>  | 15. Diabetes <input type="checkbox"/>               | 25. Immune Deficiency <input type="checkbox"/>    | 37. Prostatitis <input type="checkbox"/>          |
| 7. Cancer <input type="checkbox"/>     | 16. Ear Problems <input type="checkbox"/>           | 26. Learning Disorders <input type="checkbox"/>   | 38. Skoliosis <input type="checkbox"/>            |
| 8. Heart Prob <input type="checkbox"/> | 17. Epilepsy <input type="checkbox"/>               | 27. Leukemia <input type="checkbox"/>             | 39. Digestive Prob <input type="checkbox"/>       |
| 9. Eye Prob <input type="checkbox"/>   | 18. Fatigue <input type="checkbox"/>                | 28. Multiple Sclerosis <input type="checkbox"/>   | 40. Hypothyroidism <input type="checkbox"/>       |
|  | 19. Genito/urinary <input type="checkbox"/>         |   | 41. Hyperthyroidism <input type="checkbox"/>      |

**List any other symptoms or valid information:** \_\_\_\_\_

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**PASTE THIS PAGE ON THE ENVELOPE WHICH CONTAINS THE SAMPLE**

# Sampling Instructions

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## Hair Sampling Procedure

**PLEASE ENCLOSE THE FIRST TWO SHEETS IN AN ENVELOPE WITH THE SMALL PLASTIC ZIP-LOCK BAG WHICH CONTAINS THE HAIR/NAIL SAMPLE**

Hair provides a record of past and current trace element levels. Unlike blood, hair is an inert substance that consists of a fibrous protein and trace elements. As hair grows, nutrient and toxic elements are deposited from the blood stream into the hair follicle and hair shaft. Once a trace element has been incorporated into the hair, it remains fixed. To measure these values reliably and with good reproducibility, the following criteria must be met:

- Untreated head hair that is cut from the occipital area (back of head) is the preferred sample.
- Substitutes for head hair are pubic hair or clippings of finger nails (underarm hair is not acceptable).
- Hair that is approximately 1.5 inches in length from the scalp typically represents 2-3 months of growth. Such a sample provides information about the overexposure or malnutrition that occurred during that period.
- Because some sample loss results from thorough washing, an adequate amount of sample (a minimum of 0.050 g or about two tablespoons) is needed for the analysis. Hair may be “measured” by using the diagram on the Sampling Instructions Form.
- DO NOT MIX different sample types (i.e. hair with nails).
- Hair that has been chemically treated (“permed”, dyed, bleached, or otherwise treated) WILL NOT provide accurate results. If the hair has been treated, it should be allowed to grow for at least 2-3 months before new sampling.
- Hair analysis results are falsely elevated by:
  - Grecian Formula (darkening agent), which often results in high lead and/or mercury levels.
  - Coloring or tinting agents, which often elevate a number of trace elements or toxic metals. Since today’s cosmetic industry produces many different agents, we have no way of accurately determining their effects.
  - Dandruff shampoos, which often result in high selenium levels.
  - Bleached and/or “Permed” hair, which often results in altered levels of calcium, magnesium, sodium, zinc, copper and nickel.

### Procedure:

#### Long Hair

- 1) Part the hair in the middle of the back of the head, and pull it out and up.
- 2) Cut a small 1.5 to 2 inch (4.5 to 5.5 cm.) strand of hair close to the head. **DISCARD ends of long strands and KEEP less than 2 inches (less than 5.5 cm) closest to the scalp.**
- 3) Place hair on Sampling Instructions Form and repeat the cutting on various regions on the back of the head until enough hair is obtained.
- 5) Place hair in sampling envelope, fill out the Sampling Instructions Form with the appropriate information and send to MTM.

#### Short hair

- 1) Trim .5 to 1 gram of hair from the back of the head. Use thinning scissors, if possible.
- 2) Place hair in plastic envelope, fill out the Sampling Instructions Form with the appropriate information and send to MTM.

**Please see other side of sheet for an image of sampling area.**