

COLLECTION INSTRUCTIONS

Your hair mineral collection

This test measures minerals and trace elements in a small snip of your hair. Using the right hair – and enough of it – is what makes your result accurate.


A simple test you do at home

Your kit is posted directly to you – no collection centre visit needed. Snip a small hair sample at home, measure it with the card provided, then mail it back to the lab.


From the scalp

nape of the neck


2.5–4 cm

from the root end


About 0.5 g

a heaped tablespoon

1 Which hair to use

The hair needs to be untreated, and all from one area – this keeps your mineral readings accurate.

USE

Head, chest or pubic hair – as long as it hasn't been treated.

AVOID

Dyed, bleached, permed or chemically-treated hair (not suitable for testing), **underarm hair**, and **mixing hair from different areas** – keep your whole sample from one place.

What this test measures

NUTRIENT MINERALS

Calcium

Magnesium

Chromium

Copper

Iron

Manganese

Selenium

Zinc

TOXIC MINERALS

Aluminium

Arsenic

Cadmium

Lead

Mercury

Nickel

Silver

Tin

Check your kit

- 1 × cardboard scale card
- 1 × request form
- 1 × reply-paid padded envelope
- 1 × specimen transport bag
- 1 × Patient Checklist Form
- 1 × collection instructions

2 Cutting your sample

Best taken from the back of the head, where any short regrowth is least noticeable.

- 1 Cut hair from the **back of the head, at the nape of the neck**, as **close to the scalp** as possible.
- 2 From the cut hair, keep the **2.5–4 cm (1–1½ inch) closest to the root** and discard the rest. The root end is what's tested.
- 3 Aim for **about 0.5 g** of hair – roughly a **heaped tablespoon**. It's better to provide a little more than too little, so your sample isn't rejected as insufficient.

Measuring with the card

Your kit includes a cardboard "scale" to help you measure the right amount:

- ☒ Rest a **pen or pencil** under the card, on the marked line.
- ☒ Place your cut hair on the **"A" side** of the card.
- ☒ Add hair until the **"A" side tips down** to the table – that's about the right amount.

3 Packing & sending

- 1 Fill in your **name, date of birth and gender** on the reverse of the cardboard scale, then place it (with your hair) into the specimen transport bag.
- 2 Check your **request form** is complete (name, date of birth, address, phone) and complete your **Patient Checklist Form**.
- 3 Place the transport bag and forms into the **reply-paid padded envelope** and post it back the **same day** via your nearest Australia Post outlet or express post box.

Need a hand? If anything is unclear, email us at info@i-screen.com.au before you begin.

Your results: Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard, typically within **10–12 days**. We'll email you as soon as they're ready.