



- **Use clean scissors and hands to cut hair.**
- **Approx 1/4 tsp of hair**
- **Place into a small zip lock plastic bag (no hair sticking out)**
- **It is important to place your name and practitioners name on the outside of the bag.**

Without these details, the sample will not be processed.

- Hair can be from anywhere on the body
- Hair can be cut from either the ends or close to the scalp
- Coloured hair is ok
- Any hair masks, oils in the hair please wash beforehand
- Do not use hair cut from the hairdresser or from a brush
- In cases with no hair (baby, alopecia) Saliva can be used
- Rub cotton tip inside the cheeks and place into a small zip locked plastic bag.

Express post your hair/saliva sample to:

**Homeopathy Plus
Food Fit Sample
7B/1 Pioneer Avenue
Tuggerah NSW 2259
Australia**

Note: Please confirm with an email once hair sample has been posted, this way I can submit your details to the lab and have an expected date of delivery.

****No hair is stored or kept on the premises, this is one of our protocols to avoid contamination with other samples.**

The hair is disposed of in a sealed container in accordance with authority requirements soon after testing.

If more testing is needed we will require a new hair sample.