

htma instructions

Please read the HTMA instructions below carefully.

This is the first lab we need back, so try not to delay submission:

[Click here](#) for a detailed Youtube video on how to collect your hair sample.

You need about **1 to 1.5"** of natural growth from the root, about a tablespoon worth of hair (ignore instructions in the video regarding the hair scale).

Cut away the excess beyond the 1.5" and place in a small paper envelope (*do not put the hair in a plastic baggy*), with your completed lab form (Part 2 & the second page - date it and check off any symptoms you currently experience), in your mailing envelope and mail to:

Trace Elements Inc
PO Box 514
Addison, TX 75001-0514

The lab will email me your test results in about 10-14 days after they've received your hair sample. I highly recommend getting a tracking number when you send your hair sample back to the lab, just in case!

IMPORTANT If you live in NY state, you must forward your sample and forms to a friend or family member in another state and have them mail it to the lab from their state due to regulations in New York prohibiting testing.

NOTE:

- If you have a water softener, please rinse your hair with distilled water (water softeners tend to throw off the sodium value).
- If you have recently dyed or bleached your hair, you can either wait until 8 weeks has passed or 7 shampoo washes.
- Avoid the use of public pools for at least one week prior to collection.
- If you use Head and Shoulders, Selsun Blue, or any other anti-dandruff shampoo, please discontinue use for 2 weeks prior to collection and note this on your form.
- Collect hair sample at least 6 hours after washing it

