

## Patient Guide – Hair Analysis Testing (Minerals/Toxics)

### Step 1 – Patient Preparation <https://revivelifelifeclinic.com/integrative-lab-testing/heavy-metal-testing-2/>

- Hair that has been dyed, bleached, straightened, or chemically treated may show altered mineral levels. Best results come from untreated hair.
- Avoid dandruff or medicated shampoos containing zinc (e.g., Head & Shoulders), selenium (e.g., Selsun Blue), or lead (e.g., Grecian Formula) before collecting your sample.
- If hair is very short, clean thinning shears may be used.
- Head hair is preferred. Pubic hair may be used only if head hair is unavailable. **Do not mix hair types.**

### Step 2 – Hair Analysis Test

1. Your sample can be collected at the clinic with assistance from a team member.
2. Write your full name and date of birth on the sample envelope.
3. Wash hands and ensure scissors are clean and in good condition.
4. Collect hair from the **nape of the neck**.
5. Cut hair **as close to the scalp as possible**, ideally taking small amounts from 4–6 areas.
6. Keep only **new growth**, approximately **2.5 cm** from the scalp end.
7. Collect **1 gram** (about **1 tablespoon**) of hair.
8. Place the sample in a **zip-lock bag** and seal tightly.
9. Label the bag and complete the sample submittal form. *Information Courtesy of Can Alt Labs*

### Step 3 – Shipping

- The clinic will ship your sample for you if you go to the clinic to drop off your sample or you may also ship it directly.

### Important Notes

- Always refer to your test kit instructions. If there is any difference between this guide and your kit, **follow the kit instructions**.
- Test kits include additional details about preparation, medications, supplements, and health conditions that may influence results.
- Results are typically available **2 weeks** after the lab receives your sample.
- Please book a follow-up appointment with your healthcare provider to review your results and integrate them into your care plan.

### Insurance & OHIP

- This test is **not covered by OHIP**.
- Payment is required at the clinic. You may submit the receipt to your private or employment health plan for possible reimbursement.

### Questions or Support

We're here to guide you through the process. You may email [info@revivelifelife.ca](mailto:info@revivelifelife.ca) or call us **613-829-7100** if you have any questions about your lab testing options or results.