



Hair Mineral Analysis Request Form

| Patient | Referring clinician |
|-------------------------------------------|-------------------------------------------------------------|
| Title Mr / Mrs / Master / Miss / Other: | Name: MARY CARMODY |
| Forenames: | Address: St Johns Well Carrigaline Co Cork Ireland |
| Surname: | |
| Date of birth / / | Telephone: 00353 - 87 2884461 |
| Sex: M / F Pregnant? No / Yes Weeks _____ | Fax: |
| Address: | E-mail: mary@marycarmodynutrition.ie |
| | Your reference: |
| | GP's name and address: |
| Telephone: | |
| E-mail: | Last Biolab reference: / / |

Sample details:

Date on which hair was sampled: _____ Natural hair colour: _____
Patient's height: _____ Brand of shampoo: _____
Patient's weight: _____ Brand of conditioner: _____

In the last three months has the hair been (if yes, tick box and provide date):

Bleached: Date: _____ Highlighted: Date: _____
Permed: Date: _____ Coloured/tinted: Date: _____

Does the patient:

Drink alcohol? Smoke? Take mineral supplements? Use other medications?

Instructions for collection of hair sample:

If the hair has been bleached or permed, none of the treated hair should be included in the sample for analysis. If the treatment has been carried out recently, a period of 12 weeks should be allowed to elapse before sampling. The patient may continue to take nutritional supplements, which will not factitiously distort the hair results.

Hair should be cut from the back of the head, or nape of the neck, as close to the scalp as possible. At least 0.5gm of hair is required, which is about one heaped tablespoon full. Only hair up to 1½" (4cm) from the scalp can be used. Please allow for this when the hair is long by sending in a larger total sample, for example 2 tablespoons-full of hair.

Place the hair sample in a plain paper envelope, seal and label clearly with the patient's name, date of birth and address. Fully complete this request form and attach the hair sample to it. Return to Biolab at the address below by First Class post.

ACCOUNT TO: MARY CARMODY

If you have any questions please do not hesitate to contact us.