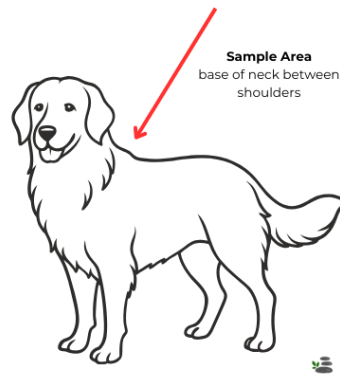


## How To Take A Hair Sample For Your Canine

You are taking an incredible step toward understanding your pet's health!

The sample should be taken in SMALL PORTIONS from SEVERAL AREAS behind the dog's head above the shoulders.



### IMPORTANT INSTRUCTIONS

- Use clean scissors (stainless steel is the best option) Do not use aluminum scissors.
- Shed or brushed out hair **cannot** be accepted.
- Do not use an electric razor to cut the hair sample, because pieces of metal from the blades may become mixed with the hair sample. This may falsely alter your results.
- Brush your dog before taking the sample to remove any debris or dirt off the coat.
- **DO NOT BATHE your dog before taking the hair sample.** If the dog has been washed, wait until completely dry (3-4 hours) and then take the sample. If you dry your dog with a hair dryer, you will still need to wait 3-4 hours to take the sample. The hair cuticle needs to relax.
- If your dog's coat is very dirty or dusty, you can use plain alcohol to rinse the area to be cut to remove dirt/debris. Be sure to allow the dog's coat to thoroughly dry before taking the sample.
- A full tablespoon of hair (125mg) is required to run the test (loose TBSP, not packed) or use the paper scale included in your kit.
- Cut hair as close to the skin as possible. The length of the hair should not exceed 1 inch. "closest to the skin hair" reflects the most recent metabolic activity. Feel free to discard any hair at the tips (oldest end) of any sample over 1 inch in length.
- Place your pet's hair sample, alone – no clips, rubber bands, etc., in the small paper envelope

with your name, your pet's name, and date sample was collected written on it.

- Place the hair sample envelope into the larger envelope for mailing.

If you have questions, please reach out to me at 570-266-8383 or email [stepintominerals@gmail.com](mailto:stepintominerals@gmail.com).