

Please Note...

Care should be used in the evaluation of MineralCheck elemental analysis results. Hair treatments or other external contaminants may affect reported levels of an element. The laboratory washing procedure will remove those elements which are soluble, but some treatments make a permanent bond to the hair and cannot be removed. These contaminants may increase some reported element levels.

Results and information are for personal use only, are not intended to diagnose, cure, mitigate, treat, or prevent disease or other conditions, and are not intended to provide a determination or assessment of the state of health. Many factors influence mineral status and this product evaluates only twenty of these factors. Always consult with a licensed health care professional to interpret screen results and/or make health care decisions. This screen was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

Before Shipping...

Checklist

- I have placed the hair into the biohazard bag.
- I have placed the completed Mineral Screen Request Form and biohazard bag into the prepaid return mailing envelope.

Due to current New York State regulations, we are unable to process samples from residents of New York or samples that are collected in New York.

BodyBalance

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BodyBalance is a division of Dr. Murray Natural Living, Inc.

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INSTRUCTIONS

MineralCheck

HAIR ANALYSIS FOR 11 MINERALS AND 9 TOXINS

About This Wellness Screen...

Mineral elements assist in the production of energy and other important biochemical processes essential to your well-being. Toxic elements, such as lead, mercury, or cadmium, may accumulate in the body due to chronic exposure.

MineralCheck evaluates levels of the following elements in your body:

Minerals: Calcium, Chromium, Cobalt, Copper, Magnesium, Manganese, Molybdenum, Strontium, Sulfur, Vanadium, Zinc

Toxins: Aluminum, Antimony, Arsenic, Bismuth, Cadmium, Lead, Mercury, Nickel, Tin

Your Questions Answered...

What if the hair is too short to cut?

Stainless steel thinning shears may be used by placing them next to the scalp.

What if there is no new growth because of recent chemical coloring or perming?

It is best to wait until new growth is available—hair grows approximately 1/2 inch per month. If an analysis is needed before then, save as much new growth as possible from the roots and take samples from additional places on the scalp.

May I use hair from other parts of my body?

Yes. Ideally, you should use hair from your scalp, although hair from your pubic area is acceptable as well. It is important that you use hair from one area only. Mixing hair from different areas of your body will render the analysis inaccurate. You must indicate on the requisition if you chose to use hair from your pubic area.

How much scalp hair is needed?

250mg (approximately 1 heaping tablespoon) of hair is needed to properly analyze your sample. Make sure that the amount of hair in your sample tips the hair scale, as shown in Step 5. Insufficient hair samples cannot be processed.

Kit Contents...

- 1 Hair scale
- 1 Plastic hair collection bag
- 1 Prepaid mailing envelope
- 1 Mineral Screen Request Form (*must be completed and signed*)

Before You Start...

- ❖ There are no special diet restrictions for MineralCheck. However, **MineralCheck cannot be performed on hair that has been permed, dyed or bleached in the past two months.**
- ❖ Shampoos with dyes, colorings or special chemicals must be discontinued for one week prior to cutting the hair sample.
- ❖ We recommend using Johnson & Johnson™ No More Tears™ baby shampoo during the week prior to the day of collecting the sample. Your hair must be dry when collecting the sample.
- ❖ If the hair is short, stainless steel thinning shears may be used. You may find the sample collection process easier to complete with the help of a family member or friend.
- ❖ Be sure to follow instructions thoroughly and fill in Mineral Screen Request Form completely before mailing.
- ❖ Hair must weigh 250mg (approximately 1 heaping tablespoon). *Insufficient hair samples cannot be processed.*

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NOTE: If you have difficulty collecting an adequate hair sample, please call BodyBalance customer service at 888-891-3061 for further instructions.

Hair Collection...

- 1 Bend the tabs down on the hair scale. Place the card tab side down on a flat surface to create a scale.
- 2 **Hair samples must be dry.** Take samples from the area highlighted in the illustration.
- 3 Using clean stainless steel scissors, cut off hair samples **very close to the scalp**. Trim the sample so it includes only about one-inch of the newest hair growth (the hair that was closest to your scalp.) Discard remaining hair.
- 4 Place the one-inch sample of new hair growth on the elevated side of the hair scale.
- 5 Repeat steps 3 and 4, collecting samples from at least seven places within the back portion of the neck until the scale tips. This should approximate 1 heaping tablespoon. **Insufficient hair samples cannot be processed.**
- 6 Make sure you **fill out and sign the Mineral Screen Request Form**. Your sample will not be processed without this signed form. Also, be sure to fill out the label on the plastic hair collection bag. Place the hair sample inside and seal.
- 7 To send your sample, place the plastic hair collection bag, along with the Mineral Screen Request Form, into the mailing envelope provided and seal for shipping. You can mail this from any post office or US Postal Service mailbox.

