INSTRUCTIONS FOR HAIR SAMPLING:

The requirements for getting an accurate representation of the present trace mineral levels from a hair analysis include taking a proper sample. These instructions describe the correct procedure to follow:

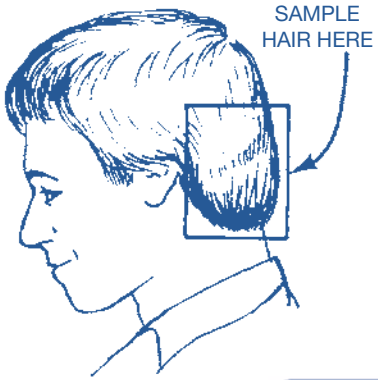
1. **Sampling:** Hair should be clean and dry when it is being sampled. The sample should be taken between four and twenty four hours after washing. For the best quality results the sample should not be dyed, bleached, or permed. Retest samples should be taken from the same area as the original sample if at all possible.
2. **Sampling Location:** Head hair taken from the nape of the neck (see illustration below) will provide the best sample. The growth of the hair here is relatively steady and should give good, consistent results.

   As an option, axillary hair, pubic hair, or other body hair may be used. The growth pattern here varies and is rather sporadic, but it produces adequate results. *Note, however, that samples from the head and different parts of the body should not be mixed together.*

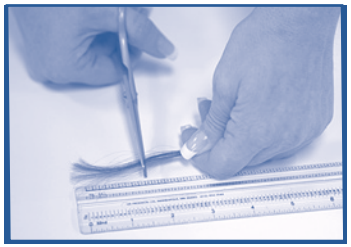
   Sampling axillary or pubic hair is also a very good way to confirm that elevated toxic minerals which have been found in the head hair are present in the whole system.
3. **Equipment Needed:** A standard rat-tailed comb and a regular stainless steel scissors are all that is basically needed. For short hair, thinning shears may be used to keep from disturbing the hair style as much as possible. With long hair, a hair pin or clip may also be useful.
4. **Cutting a Sample:** Comb and lift a section of hair at the nape of the neck. Either pin or clip the section or have the patient hold it up out of the way. Separate a smaller section (as shown in Photo A) and cut the hair off as close to the scalp as possible. For short hair—1½" in length, or less—use the entire sample. For long hair—over 1½" in length—cut off and use 1" to 1½" of the hair from the end that was next to the scalp (the root end, as shown in Photo B). Discard the rest.

   Take several small samples from different spots and combine them. This will help assure an accurate, representative sample on the average, while leaving no noticable "bald" places in the hair style.
5. **Weighing the Samples:** Set up the provided card weight scale, following the instructions printed on it. Placing the small samples inside the circle on the card, continue sampling until the scale tips, indicating that there is approximately 125 mgs in the total sample. This should be about one heaping tablespoonful.

Once an adequate sample is accumulated, put the hair into the provided sampling envelope and enclose it and the completed order form in the attached order envelope.



A. Holding the hair up and cutting a sample.



B. Cutting root end off for sample of long hair.

ARL ANALYTICAL RESEARCH LABS, INC.

ORDER FORM

ARL ANALYTICAL RESEARCH LABS, INC.

INSTRUCTIONS: Complete all five parts on both sides of this form. **NEW ACCOUNTS** -- Fill in Health Care Practitioner's name, phone number, and address in Part 1. An account number will be assigned with submission of your first test. **ESTABLISHED ACCOUNTS** -- Fill in account number (shown on last report) and Health Care Practitioner's name, then skip to Part 2. **ALL ACCOUNTS** -- Be sure to indicate which profile is desired in Part 3, and which quantity of supplements you want in Part 4. Check all of the applicable symptoms in Part 5 on the reverse side and sign and date the order.

PART 1. Health Care Practitioner Information

PRACTITIONER'S ACCOUNT NO. | PHONE NUMBER: ( ) | EXT.

PRACTITIONER'S NAME | DEGREE

STREET OR MAILING ADDRESS

CITY | STATE | ZIP CODE

PRACTITIONER'S E-MAIL ADDRESS

PART 2. Patient Information

PATIENT'S NAME:

LAST NAME | FIRST NAME | INTL.

PATIENT DATA:

AGE | HEIGHT FT. IN. | WEIGHT LBS.

SEX: ☐ MALE ☐ FEMALE

PREGNANT? ☐ YES ☐ NO

OCCUPATION:

COLOR OF HAIR: ☐ BLACK ☐ BROWN ☐ BLOND ☐ RED ☐ GREY

TYPE OF SPECIMEN: (Do Not Mix) ☐ HEAD ☐ PUBIC ☐ OTHER

PART 3. Tissue Mineral Analysis Order

☐ **PROFILE 1.** LABORATORY MINERAL TEST ONLY.

☐ **PROFILE 2.** INITIAL LAB TEST AND INTERPRETATION. Entire Tissue Mineral Assay Test with charts and a thorough descriptive interpretation that lists trends, explains the results, and gives vitamin and mineral supplement recommendations.

☐ **PROFILE 3.** LABTEST AND SUPPLEMENT RECOMMENDATION ONLY.

☐ **PROFILE 4.** PROGRESS TEST AND COMPARISON ANALYSIS. Complete retesting of mineral levels with explanations of the results and suggested modifications to the supplement program as indicated by significant changes since previous test.

PREVIOUS LAB TEST NO.

☐ **PROFILE 5.** PERSONAL DIET PLAN. (Addition to Profiles 2, 3, or 4).

PART 4. Vitamin and Mineral Food Supplements Order

☐ **30 DAY SUPPLY**

☐ **60 DAY SUPPLY**

☐ **90 DAY SUPPLY**

☐ **Do not send supplements**

FOR LAB USE ONLY -- DO NOT WRITE HERE

IMPORTANT: Be sure to complete and sign reverse side.

ANALYTICAL RESEARCH LABS, INC.

INSTRUCTIONS: Check *CURRENT* applicable codes ONLY:

PART 5.

- ☐ 501 Acne
- ☐ 705 Addiction
- ☐ 502 Addiction, Alcohol
- ☐ 753 Addiction, Chocolate
- ☐ 717 Addiction, Cigarette
- ☐ 540 Addiction, Drug
- ☐ 648 Aggression
- ☐ 734 AIDS
- ☐ 502 Alcoholism
- ☐ 503 Allergies
- ☐ 504 Alopecia (or
  - ☐ 616 Hair Loss or
  - ☐ 641 Poor Hair Growth)
- ☐ 770 ALS
- ☐ 760 Alzheimer's Disease
- ☐ 506 Anemia
- ☐ 649 Anger
- ☐ 507 Angina
- ☐ 703 Anorexia
- ☐ 508 Anxiety
- ☐ 509 Arteriosclerosis
- ☐ 683 Arthritis
- ☐ 510 Arthritis, Osteo
- ☐ 687 Arthritis, Psoriatic
- ☐ 511 Arthritis, Rheumatoid
- ☐ 512 Asthma
- ☐ 513 Atherosclerosis
- ☐ 514 Autism
- ☐ 762 Attention Deficit Disorder

- ☐ 651 Back Problems
- ☐ 674 Bad Temper (temper problems)
- ☐ 684 Bed Wetting
- ☐ 515 Behavior Problems
- ☐ 776 Bladder Infection
- ☐ 755 Blood Clots
- ☐ 743 Blurred Vision
- ☐ 701 Boils
- ☐ 714 Breast Lump (lump in breast)
- ☐ 517 Breast Tumor
- ☐ 735 Bronchitis
- ☐ 634 Brown Spots on Skin
- ☐ 765 Bruising
- ☐ 518 Buerger's Disease
- ☐ 756 Burning Feet
- ☐ 519 Bursitis

- ☐ 520 Calculus, Biliary
- ☐ 521 Calculus, Renal
- ☐ 522 Cancer
- ☐ 652 Candida Albicans
- ☐ 766 Canker Sores
- ☐ 523 Cardiac Arrhythmias
- ☐ 524 Cardiovascular Disease
- ☐ 767 Carpal Tunnel
- ☐ 525 Cataracts
- ☐ 526 Celiac Disease
- ☐ 527 Cerebral Palsy
- ☐ 718 Chronic Fatigue Syndrome
- ☐ 717 Cigarette Smoker
- ☐ 528 Cirrhosis of the Liver
- ☐ 529 Colitis
- ☐ 530 Collagen Disease
- ☐ 728 Compulsive Behavior
- ☐ 531 Constipation
- ☐ 532 Coronary Occlusion
- ☐ 618 Craving Sweets
- ☐ 758 Crohn's Disease
- ☐ 533 Cushing's Disease
- ☐ 534 Cystic Fibrosis

- ☐ 615 Dandruff
- ☐ 653 Defensiveness
- ☐ 535 Depression
- ☐ 536 Dermatitis (skin problems)
- ☐ 537 Diabetes
- ☐ 538 Diarrhea
- ☐ 700 Difficulty Taking Supplements
- ☐ 617 Diminished Growth Rate
- ☐ 539 Diverticulosis
- ☐ 685 Dizziness
- ☐ 540 Drug Addiction
- ☐ 747 Dry Mouth
- ☐ 541 Dyslexia

- ☐ 704 Ear Infection
- ☐ 544 Eczema
- ☐ 545 Edema, Water Retention
- ☐ 654 Emotional Problems (or emotional instability or sensitivity)
- ☐ 546 Emphysema
- ☐ 711 Endometriosis
- ☐ 547 Epilepsy
- ☐ 691 Epstein-Barr Syndrome
- ☐ 638 Euphoric (loss of awareness)
- ☐ 655 Exhaustion

- ☐ 548 Fatigue
- ☐ 712 Fever
- ☐ 773 Fibromyalgia
- ☐ 549 Fractures
- ☐ 706 Frequent Urination
- ☐ 725 Fungus Under Nails

- ☐ 707 Gall bladder Problems
- ☐ 748 Gall Stones
- ☐ 731 Gas (indigestion)
- ☐ 656 Gastric Ulcer
- ☐ 550 Gastritis
- ☐ 551 General Good Health
- ☐ 552 Glaucoma
- ☐ 617 Growth Rate, Diminished
- ☐ 593 Growth Rate, Stunted
- ☐ 553 Gout

- ☐ 616 Hair Loss
- ☐ 641 Hair Growth, Poor
- ☐ 695 Headaches
- ☐ 572 Headaches, Migraine
- ☐ 754 Hearing Problems
- ☐ 779 Hemochromatosis
- ☐ 746 Hemorrhoids
- ☐ 724 Hemosiderosis
- ☐ 713 Hepatitis
- ☐ 733 Herpes
- ☐ 558 High Blood Pressure (hypertension)
- ☐ 723 Hives
- ☐ 763 Hiatal Hernia
- ☐ 769 HIV Positive
- ☐ 554 Hodgkin's Disease
- ☐ 722 Hot Flashes
- ☐ 657 Hostility
- ☐ 710 Hyperactivity
- ☐ 555 Hypercholesterolemia (high cholesterol)
- ☐ 556 Hyperkinesis
- ☐ 557 Hyperlipidemia
- ☐ 558 Hypertension (high blood pressure)
- ☐ 559 Hyperthyroidism (over-active thyroid)
- ☐ 560 Hypoadrenocorticism
- ☐ 561 Hypoglycemia
- ☐ 562 Hypothyroidism (under-active thyroid)

- ☐ 696 Immune Deficiency
- ☐ 563 Impotence (men only)
- ☐ 731 Indigestion (bloating, gas)
- ☐ 688 Infections
- ☐ 704 Infections, Ear
- ☐ 738 Infection, Respiratory
- ☐ 716 Infections, Yeast
- ☐ 658 Infertility
- ☐ 660 Inflammation
- ☐ 564 Insomnia
- ☐ 774 Irritable Bowel Syndrome
- ☐ 659 Irritability
- ☐ 720 Iritis

- ☐ 759 Joint Pain

- ☐ 721 Keloid Scars
- ☐ 661 Kidney Problems
- ☐ 650 Kidney Stones
- ☐ 699 Lactating Mother
- ☐ 565 Learning Disabilities
- ☐ 566 Leukemia
- ☐ 686 Loss of Appetite
- ☐ 638 Loss of Awareness (euphoric)
- ☐ 727 Loss of Balance
- ☐ 708 Loss of Concentration
- ☐ 662 Low Self-Esteem
- ☐ 714 Lump in Breast
- ☐ 567 Lupis Erythematosus

- ☐ 708 Memory Loss (loss of concentration)
- ☐ 568 Meniere's Syndrome
- ☐ 569 Menopause
- ☐ 729 Menstrual Problems (or
  - ☐ 505 Amenorrhea, cessation of period, or
  - ☐ 542 Dysmenorrhea, painful periods)
- ☐ 663 Mental Confusion
- ☐ 570 Mental Problems
- ☐ 571 Mentally Challenged
- ☐ 750 Mind Racing
- ☐ 572 Migraine Headaches
- ☐ 692 Mononucleosis (mono)
- ☐ 665 Mood Swings
- ☐ 747 Mouth Dry
- ☐ 775 Multiple Chemical Sensitivity
- ☐ 573 Multiple Sclerosis
- ☐ 739 Muscle Cramps
- ☐ 719 Muscle Tone Poor
- ☐ 740 Muscle Weakness
- ☐ 574 Muscular Dystropy
- ☐ 576 Myositis
- ☐ 577 Myositis Ossificans

- ☐ 639 Nail Growth Poor (poor nail growth)
- ☐ 637 Nails, Ridges on
- ☐ 636 Nails Soft
- ☐ 666 Nausea
- ☐ 681 Negative Feelings
- ☐ 726 Nervousness
- ☐ 578 Nervous System Dysfunction
- ☐ 579 Neuralgia
- ☐ 580 Neuritis
- ☐ 768 Nightmares

- ☐ 667 Obesity
- ☐ 581 Osteoporosis
- ☐ 694 Ovarian Pain

- ☐ 709 Pain Between Shoulder Blades
- ☐ 751 Panic Attacks
- ☐ 668 Paranoia
- ☐ 583 Parkinson's Disease
- ☐ 584 Perceptual Motor Problems
- ☐ 585 Periodontal Disease
- ☐ 586 Phlebitis
- ☐ 752 Phobias
- ☐ 612 Pigmentation Problems /Skin
- ☐ 669 PMS
- ☐ 680 Poor Attitude, Outlook
- ☐ 745 Poor Circulation
- ☐ 708 Poor Concentration
- ☐ 731 Poor Digestion, Indigestion
- ☐ 640 Poor Memory
- ☐ 719 Poor Muscle Tone (see Muscle)
- ☐ 639 Poor Nail Growth
- ☐ 671 Pregnant
- ☐ 670 Protein Catabolism
- ☐ 669 Pre-Menstrual Tension, PMS
- ☐ 587 Prostate Problems
- ☐ 619 Psoriasis
- ☐ 588 Psychological Problems

- ☐ 589 Raynaud's Disease
- ☐ 732 Retinitis
- ☐ 738 Respiratory Infection
- ☐ 590 Rheumatism
- ☐ 637 Ridges on Nails
- ☐ 643 Ringing in Ears

- ☐ 591 Schizophrenia
- ☐ 592 Scleroderma
- ☐ 715 Scoliosis
- ☐ 737 Sciatic Nerve Problems
- ☐ 757 Sexual Desire, decreased
- ☐ 664 Sinus Problems
- ☐ 749 Sinusitis
- ☐ 536 Skin Problems, Dermatitis
- ☐ 634 Skin, Brown Spots
- ☐ 628 Skin, Dry
- ☐ 744 Skin, Flaky
- ☐ 633 Skin, Itchy
- ☐ 629 Skin, Oily
- ☐ 741 Skin Rash
- ☐ 771 Spider Veins
- ☐ 642 Stress
- ☐ 672 Stomach Problems
- ☐ 673 Suicidal Tendencies

- ☐ 594 Tachycardia
- ☐ 693 Taking Birth Control Pills
- ☐ 674 Temper Problems (bad temper)
- ☐ 772 Tendinitis
- ☐ 595 Thrombophlebitis
- ☐ 643 Tinnitus, ringing in ears
- ☐ 702 Tourettes Syndrome
- ☐ 730 Tumors
- ☐ 596 Tumors, Benign
- ☐ 597 Tumors, Fatty
- ☐ 598 Tumors, Fibroid (Misc.)

- ☐ 599 Ulcer, Gastric
- ☐ 600 Ulcer, Skin
- ☐ 601 Uremia
- ☐ 706 Urination Problems (frequent urination)
- ☐ 777 Urinary Infection

- ☐ 602 Varicose Veins
- ☐ 675 Vegetarian
- ☐ 764 Vitiligo
- ☐ 676 Volatility

- ☐ 545 Water Retention (edema)
- ☐ 677 Weight Gain
- ☐ 603 Weight Loss (unwanted)
- ☐ 678 White Spots on Nails
- ☐ 679 Worrying
- ☐ 605 Wound Healing (poorly)

- ☐ 716 Yeast Infections

RETEST ONLY

- ☐ 698 Emotionally Stronger
- ☐ 697 Feeling About the Same
- ☐ 689 Feeling Better
- ☐ 690 Feeling Worse

Additional Comments: _____

I request the Tissue Mineral Analysis Test(s) be performed and the desired interpretation(s) and supplements as indicated on this order form be forwarded to me. I understand that the material in the requested profiles is provided merely for my consideration, and that any actual implementation of the plans, procedures, and other information presented, or the dispensing of supplements as a result of this request, will be based entirely upon my professional knowledge and judgement, and be dependent upon my evaluation of the patient involved.

_____ _____

Health Care Practitioner Signature Date