



Complete Minerals & Metals Test Instructions:

Forms & Paperwork:

Be sure to complete all highlighted sections on the test requisition forms and small sample envelope (where you will place your hair sample into: Patient name, sex, age.)

Before You Begin:

Upon receiving your lab kit please read through the instruction sheet included titled: "Instructions for Hair Sampling". Please also read through full instructions on this document before collecting samples.

If you have any questions about the instructions please contact ARL Labs:

- Phone (US): 602-995-1580
- Phone (Tollfree) 602-995-1580
- Email: information@arltma.com

Collection: How to Complete the Hair Tissue Sample

Follow the instructions as outlined on the Hair Sampling Instructions, also please note the following tips:

- Hair should be clean and dry when the sample is being taken
- For best results, hair should not be dyed, bleached, or permed, or wait approximately 6 weeks after any of these modifications to hair have been made.
- Head hair taken from the nape of the neck (in several small selections so as not to leave any noticeable patches), however, if you cannot use head hair you may take a sample from ancillary or pubic hair. Please note that samples from different places on the body should not be mixed.

Mailing Sample (Within USA Only)

- Place hair sample into the provided sampling envelope provided, enclose it and make sure to fill out all information on the envelope and requisition form.
- Place all contents (form and sample envelope) into the mailing envelope provided
- US ONLY: Attach a US stamp and your return address and place in local mailbox **if the envelope has ripped at all, please use tape to ensure proper delivery.*
- International samples: You are responsible for arranging mailing and associated costs back to the lab. Please contact your local post office to find the most appropriate way to send internationally (tracking recommended)

Follow Up Appointment

- Once you have mailed in your lab sample, please review the options below regarding your appointment to review your results and new wellness recommendations:
 - **Option 1:** If you ordered your lab through equilibriumnutrition.com and it included a health coaching call, once your lab results are ready, you will receive an email from our scheduling team with instructions detailing how to set up your appointment with a member of our health coaching team on our secure telehealth portal Equilibrium Coaching Connect (ECC).
 - **Option 2:** If you ordered your lab through your IHP coach (purchased on EN without a coaching call), please email your Integrative Health Practitioner directly *Results will be sent to you via email when they are received - if your health coach ordered the lab for you please let us know and provide their email and name.*
- Results are typically ready after 3-4 weeks once samples have reached the lab (international samples may take up to 2 weeks to arrive at lab)

Questions?

Please email us at support@equilibriumnutrition.com for help answering any further questions!