



Thank you for purchasing our Food Intolerance Test via post.

This is how to send your hair sample.

1. The hair sample needs to be at least 1" in length and approximately 10 strands.

The hair can be from your head, arms or legs. Your hair can be dyed, this does not affect the result. The hair does not need to be pulled from the root, it can be cut.

2. **IMPORTANT:** Enclose the hair sample in clingfilm (normal kitchen clingfilm or a new unused food bag), making sure the hair is fully enclosed and NO hair is sticking out. **If the hair is not fully enclosed we may need to request a new sample.**
3. Please ensure you have completed your health questionnaire and 1-week food diary which can be downloaded on purchase or you can visit our Food Intolerance Test Information page.
4. Then put your sample, questionnaire and diary into an envelope and send to

F.A.O Karen Johnson  
Nutrition to Go  
287 Ormskirk Road  
Skelmersdale  
WN8 9AH

**PLEASE MAKE SURE THE CORRECT POSTAGE IS USED, AS INCORRECT POSTAGE WILL CAUSE DELAYS IN YOUR RESULTS AND ALSO THE EXTRA CHARGES MAY NEED TO BE PAID.**

If you do not wish to complete a health questionnaire and food diary, please enclose your:

- Full name
- Email address
- Contact telephone number
- Email Address
- Date of Birth
- Male or Female

***NB - If the test is for a child under 16 - please make sure the health questionnaire is completed.***

5. You will receive a confirmation of receipt of your sample within 7 working days via email. If you do not receive your confirmation please check your junk/spam folder.

On checking you still haven't received it please email us on [info@nutritiontogo.org](mailto:info@nutritiontogo.org)

6. You should receive your result's within 21 days of receiving your sample and results are sent by email. (Please check your spam/junk folder before emailing us for your results).

***PLEASE NOTE: RESULTS ARE EMAILED IN PDF FORMAT.***

### *Once You Have Received Your Results*

Please take a minute to read through the cover email as this explains how to read your test results.

If you have any questions regarding your results please do not hesitate to email us and we will get back to you as soon as possible.