



H.N.S. Analysis

(Hair, Nail, Saliva)

- Vitamins and Minerals
- Absorption/ Digestion
- Heavy Metal/ Environmental Information
- Enzymes
- Pathogens
- Oxidative Contributors
- Blood Sugar
- Kidney and Liver
- Hormonal
- Food Sensitivities

Instructions for the Hair, Nail and Saliva sample collection/ mailing are as follows:

- **Hair Collection:** Collect approximately 10 strands of hair from the rear of the neck as close to the scalp as possible. Place hair strands in the clear bag labeled “Hair and Nail Sample”. Record your name and date of the birth on the label provided.
- **Nail Collection:** Clip 3-4 fingernails and /or toenails. Place the clippings in the clear bag labeled “Hair & Nail sample” and record your name and date of birth on the label provided.
- **Saliva Collection:** First thing in the morning before eating, drinking, or brushing your teeth, swab the inside of your mouth with the cotton swab provided in the clear bag labeled “Saliva Sample”. Be sure your name and date of birth are on the label provided.
- **Forms:** Please fill out all paperwork provided in the brown envelope.
- **Mailing:** Please place the sample bags along with the completed forms in the provided address/postage-paid white envelope. Mail via USPS within 24-48 hours of collection.