

Dear Client,

Thank you for using InterClinical Laboratories' hair tissue mineral analysis (HTMA) services.

Enclosed in this information pack you will find:

- HTMA general information brochure;
- Information on: how to take a hair sample; HTMA report formats available; payment details;
- HTMA pathology request form;
- Hair sample sachet envelope.

Check list:

1. Read the information provided.
2. Fill out the Hair Tissue Mineral Analysis Request form.
(Don't forget to tick the type of report you require and to supply the lab number and date of issue of any previous report.)
3. Fill out your details on the Hair Sample envelope.
4. Take a hair sample and put it in the envelope provided.
5. Include a cheque or money order, or complete the credit card payment authority on the reverse side of the Request form.
6. Post your hair sample with payment to: InterClinical Laboratories, PO Box 6474 Alexandria NSW 2015 Australia.

You will receive your test results and report in the mail, one to two weeks from the date we receive your hair sample and payment.

Please don't hesitate to contact us if you require any further information or assistance.

Best wishes,

**The Customer Service Team
InterClinical Laboratories**

Payment information

HTMA fee schedule

Report Type	Fee per Assay GST incl.
Profile 1	\$135.00
Profile 2	\$150.00
Profile 3	\$145.00

Extras	Fee
Testing for Antimony	\$10.00
Reprint Profile 1 report	\$5.00 per report
Reprint Profile 2 or Profile 3 report	\$10.00 per report

Payment methods

Please include your analysis fee along with the hair tissue sample. Cheques or money orders should be made payable to: InterClinical Laboratories. Make payment by Mastercard, Visa or Bankcard by completing the credit card payment authority on the reverse side of the Hair Tissue Mineral Analysis Request form.

GST

Hair mineral analysis is subject to 10% GST, except when the test is requested by medical doctors and other ATO (Australian Taxation Office) defined GST-exempt health care providers. These include: naturopaths, medical herbalists, chiropractors, osteopaths, occupational therapists, dentists, pharmacists and psychologists.

How to take a hair tissue sample

Taking a hair sample is quick and easy if you follow these instructions:

- Cut hair with clean stainless steel scissors. Thinning scissors can be used on short hair.
- To make the sample less conspicuous, cut small amounts of hair from the nape of the neck and/or several other locations on the back of the scalp.
- Cut hair as close to the scalp as possible.
- If the sampled hair is less than 4cm long, keep all of it for testing. If the hair is longer than this, cut off and keep the 4cm of hair that was growing closest to the scalp (discard the excess).
- Place the hair sample in the envelope provided, or in a clean, clearly labeled envelope or sachet.

Please provide clean, well-rinsed, untreated and non-coloured hair. If hair is treated or coloured, wait six to eight weeks and take a sample from the freshly grown untreated hair.

How much hair?

The laboratory requires half of one gram (0.5 gm) or about **one tablespoon** of hair. You can use the hair sample envelope to weight this amount of hair; instructions are printed on the envelope.

What kind of hair?

Head hair from the back of the head is recommended for testing. Freshly grown hair cut from close to the scalp reflects the body's most recent metabolic activity.

If head hair is not available, beard or pubic hair can be used. If there is no hair, clean fingernail clippings can be tested. These alternative tissue samples can be used to monitor toxic mineral levels, but may not always provide nutrient mineral data that is as reliable as head hair.

Do not mix different types of tissue samples, eg. do not mix head hair with pubic hair.

InterClinical Laboratories Pty Ltd

PO Box 6474 Alexandria NSW 2015 Australia

Ph: (02) 9693 2888 Fax: (02) 9693 1888 Email: lab@interclinical.com.au

HTMA report formats

InterClinical Laboratories produces hair tissue mineral analysis (HTMA) reports in three different formats:

Profile 1: Results only report

This report includes:

- An easy-to-read, graphic illustration of patient test results for at least 36 essential and toxic minerals, including reference ranges;
- 27 significant mineral ratio results;
- Individual metabolic type results.

Note: this report does not include any discussion of results or therapeutic recommendations.

Profile 2: Interpretative report

This is our most detailed and informative report. It has two parts: a user friendly, informative report for the patient and a comprehensive technical report for the practitioner.

The report contains all the data in Profile 1, as well as a medical discussion of the patient's results and personalised therapeutic recommendations. It highlights health conditions that may be associated with the patient's specific mineral imbalances. This report is designed to shed light on the patient's current health status, identify potential areas of concern and direct dietary and supplemental measures to improve patient health.

The patient's report includes:

- An easy-to-read, graphic illustration of patient test results for at least 36 essential and toxic minerals, including reference ranges;
- 27 significant mineral ratio results;
- Personalised discussion of nutrient and toxic mineral levels and ratios;
- Individual metabolic type results and discussion;
- Personalised dietary suggestions.

The practitioner's report contains a summary of the above information, plus:

- Disease trends and potential health concerns;
- Medical discussion of mineral imbalances and toxins;
- Contraindications;
- Vitamin and mineral supplement recommendations.

Profile 3: Comparative report

This report is a follow-up to Profile 2. It compares current and previous test results, providing a comprehensive discussion and revised personalised therapeutic recommendations.

The report includes:

- An easy-to-read, graphic illustration of current and previous patient test results for at least 36 essential and toxic minerals, including reference ranges
- 27 significant mineral ratio results;
- Comparative discussion of current and previous nutrient and toxic mineral levels and ratios;
- Revised discussion of individual metabolic type;
- Revised dietary suggestions;
- Revised vitamin and mineral supplement recommendations.

Which report should you choose?

Profile 1

This report contains just the tissue mineral analysis data. Choose this report if you or your practitioner have been trained in analysing and interpreting data on nutrient and toxic mineral levels.

Profile 2

This is our most popular, comprehensive and recommended report. It draws on all of our laboratory's expertise and extensive experience in analysing and interpreting trace mineral patterns. Choose this report if you want expert advice on your, or your patient's, nutrient and toxic mineral levels. This report provides a detailed interpretation of the results that will help you to formulate an appropriate nutritional program for heavy metal detoxification and improved health.

Profile 3

This comparative report draws on all of our laboratory's expertise and extensive experience in analysing and interpreting trace mineral patterns. Choose this report if you or your patient have done a tissue mineral analysis with InterClinical Laboratories *within the past six months*, and you want to do a comparative follow-up test.

Minerals analysed

These elements are routinely measured in our tissue mineral analysis reports:

Nutritional elements	Toxic elements	Additional elements
Boron	Aluminium	Barium
Calcium	Antimony*	Bismuth
Chromium	Arsenic	Germanium
Copper	Beryllium	Lithium
Cobalt	Cadmium	Nickel
Iron	Lead	Platinum
Magnesium	Mercury	Rubidium
Manganese	Uranium	Strontium
Molybdenum		Thallium
Phosphorus		Tin
Potassium		Titanium
Selenium		Tungsten
Sodium		Vanadium
Sulfur		Zirconium
Zinc		

*Tested on request for an additional fee (see Payment information)