

# Hair Sample Instructions

1. **Print out and complete the Submission Form For Testing.**
2. **Collect your hair sample.**
  - a. Please include 10-15 strands. Length of hair does not effect testing results, however, at least 1 inch is preferred.
  - b. Hair dye does not effect testing results.
  - c. Use hair from the nape (back) of the neck with the root is best. If pulling hair isn't an option cut as close to the root as possible.
  - d. You may also brush hair with a stiff, clean or new brush, and remove the hair to use as a sample.
3. **Place strands in sealable plastic bag.**
  - a. DO NOT include any other item in the bag - only hair sample. Anything else has the potential to effect testing results.
4. **Use a permanent marker to write your name (or the name of the person being tested) on the outside of the plastic bag (that contains hair sample).**
5. **Please ensure the hair sample is clearly labeled and sealed.**
6. **Place the Submission form for Testing and the plastic bag with your hair sample into a secure envelope. Mail the envelope, clearly labeled to:**

**5 Strands Affordable Testing**  
595 Old Norcross Road, Ste D  
Lawrenceville, GA 30046

## **Notes:**

- Please ensure correct postage is paid. Incorrect postage can result in a major delay in processing. 5 Strands Affordable Testing and Sarah Whitehead of 4:14 Fitness will not take responsibility for postage shortages, and your package may be returned.
- You can expect to receive your results within 5-7 business days after the sample arrives at the processing center. This is typically 14-21 days after it's dropped in the mail.
- Your results will be emailed to you. If you don't receive them, please check your junk and spam folders. If you have any issues with your results arriving, please email Sarah and her team at [info@414Fitness.com](mailto:info@414Fitness.com). We will need the name on the test, the zip code it was from and the date it was placed in the mail.