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Submission Form: Hair or Nail Mineral Analysis

Requesting Clinic/Doctor:

New Customer or if contact information has changed, please fill out the fields on page 2.

Patient Name: _____

Street: _____ City: _____

State: _____ ZIP: _____ Country: _____

Phone: _____ Fax: _____

E-mail: _____

please fill out if report is to be mailed to the patient (please complete in block capitals)

Date of Birth: _____ Sex: m f

Date: _____ Patient Signature: _____

(please do not forget)

Requested Profile:

Standard Profile (P9) 35 Elements

Tested Elements:

Aluminum, Antimony, Arsenic-total, Barium, Beryllium, Bismuth, Boron, Cadmium, Calcium, Chromium, Cobalt, Copper, Germanium, Iodine, Iron, Lead, Lithium, Magnesium, Manganese, Mercury, Molybdenum, Nickel, Palladium, Platinum, Selenium, Silver, Strontium, Thallium, Tin, Titanium, Tungsten, Uranium, Vanadium, Zinc, Zirconium

Extended Profile (P10) 55 Elements

Tested Elements Parameter as profile 9 plus:

Cerium, Cesium, Dysprosium, Erbium, Europium, Gadolinium, Gallium, Iridium, Lanthanum, Lutetium, Praseodymium, Rhenium, Rhodium, Ruthenium, Samarium, Tantalum, Tellurium, Thorium, Thulium, Ytterbium

Test material:

Head hair sample (untreated)

pubic hair sample

beard sample

Nail sample



Sampling Instructions

Hair provides a record of past and current trace element levels. As hair grows, nutrient and toxic elements are deposited from the blood stream into the hair follicle and hair shaft.

Once a trace element has been incorporated into the hair, it remains fixed. To measure these values reliably and with good reproducibility, the following criteria applies:

- Untreated head hair that is cut from the occipital area (back of head) is the preferred sample.
- Substitutes for head hair are pubic hair or clippings of finger nails (underarm hair is not acceptable).
- Because some sample loss results from thorough washing, an adequate amount of sample (about 2-3 Teaspoons filled with hair) is needed for the analysis.
- DO NOT MIX different sample types (i.e. hair with nails).
- Hair roots are NOT needed.
- Hair that has been chemically treated (“permed”, dyed, bleached, or otherwise treated) WILL NOT provide accurate results. If the hair has been treated, it should be allowed to grow for at least 2-3 months before new sampling.
- Hair analysis results are falsely elevated by:
 - Coloring or tinting agents, which often elevate a number of trace elements or toxic metals. Since today’s cosmetic industry uses many different chemical agents, we have no way of accurately determining their effects.
 - Bleached and/or “Permed” hair results in altered levels of calcium, magnesium, zinc, copper, nickel and other metals.

Procedure

Hair

- Part the hair in the middle of the back of the head, and pull it out and up.
- Cut a small 1.5 to 2 inch (4.5 to 5.5 cm.) strand of hair close to the head. DISCARD ends of long strands and KEEP less than 2 inches (less than 5.5 cm) closest to the scalp.
- Place hair in sampling envelope, fill out the Sampling Instructions Form with the appropriate information and send to NAVA.

Short hair

- Trim a minimum of 0.300 grams of hair from the back of the head. Use thinning scissors, if possible.
- Place hair sampling (paper) envelope, fill out the Sampling Instructions Form with the appropriate information and send to NAVA.

Pubic hair

- Trim a minimum of 0.300 grams of pubic hair with normal scissors.
- Place hair in paper envelope, fill out the Sampling Instructions Form with the appropriate information and send to NAVA.

Nails

- We need a minimum of 0.200 grams (200mg) of unpolished nails. This equals about ½ of a filled teaspoon. Place sample in a paper or plastic envelope, fill out the Instructions Form and send to NAVA.

Send Report to:	Doctor	Patient	both addresses (\$ 5.95 surcharge)
Send Report via:	Post	E-Mail	Fax

New Customer or if contact information has changed,	
Address:	_____
Phone:	_____
Fax:	_____
E-mail:	_____

or

Clinic/Doctor Stamp
