Nava health and wellness Ltd. - OC 513928358

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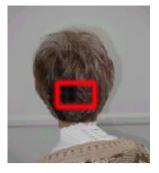
Submission Form:		Hair or Nail I	Mineral Ana	alysis				
Requesting Clinic/Do	octor:							
		New Customer	or if contact inform	nation has chan	ged, please fill οι	ut the fields on page 2.		
Patient Name:								
Street:			City:					
State:	ZIP:		Country:					
Phone:			Fax:					
E-mail:								
pleas	se fill out if report	is to be mailed to th	e patient (pleas	e complete in	block capitals)			
Date of Birth:			Sex:	m	f			
Date:		Patient Signatur	e:					
					(please do no	ot forget)		
Requested Profile	<u>e:</u>							
Standard Profile	e (P9)		35 Elements					
Tested Elements:								
Aluminum, Antimony, Arser Lead, Lithium, Magnesium, Tungsten, Uranium, Vanad	Manganese, Mercu	ury, Molybdenum, Nick						
Extended Profile	e (P10)		55 Element	55 Elements				
Tested Elements Paramet	er as profile 9 plus	s:						
Cerium, Cesium, Dysprosiu Ruthenium, Samarium, Tan				num, Lutetium,	Praseodymium, F	Rhenium, Rhodium,		
Test material:								

Nail sample

pubic hair sample

beard sample

Head hair sample (untreated)



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

Fax:

E-mail:

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	bo	both addresses (\$ 5.95 surcharge)		
Send Report via:	Post	E-Mail	Fax				
New Customer or if c	ation has cha	inged,	or	Clinic/Doctor Stamp			
Address:							
Phone:				_			

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