

# Health & Well-being kit

## Hair sampling

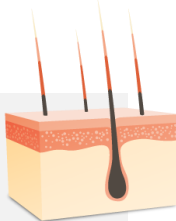
*Please read this document carefully  
before proceeding with your sampling.*



## WHY HAIR ANALYSIS ?

### Did you know ?

Your hair is made up of 85% proteins and grows 1 to 1.2 cm per month. While hair grows, it is irrigated at the root by blood vessels and contains compounds to which the body is exposed (by ingestion, inhalation ...).



### The Kudzu Science analysis

From a single strand of hair, Kudzu Science can evaluate exposure over the last 3 to 4 months.

**It is important to cut the hair sample as close to the scalp as possible in order to obtain representation of the most recent weeks of exposure.**

Taking into account that hair grows at an average rate of 1 to 1.2 cm per month, our analysis report will show, according to the length of the strand sampled, the period length over which the evaluation was made (4 months maximum).

### The advantages of hair

Hair has a " memory ", unlike other matrices such as blood, saliva and urine which enable to evaluate recent exposure (up to a few days) only.

By analyzing hair, it is possible to evaluate consumption or exposure going back several months.



## Your hair sampling kit includes:



Two cardboard sampling supports: Hair scales and a sample measure.



A beveled piece of aluminum foil to place your hair sample on.



An envelope to protect your sample when you send it to Kudzu Science, to be completed with your sampling information.



A smart card labeled « Carte Mémor » indicating the ID number of your kit.

**WARNING:** Keep your ID number somewhere safe, so that you can find out your results on our website [www.kudzuscience.com](http://www.kudzuscience.com).



A prepaid envelope, to send your sample to Kudzu Science.

If a component is missing, please contact us : [info@kudzuscience.com](mailto:info@kudzuscience.com) or +33 (0)369 614 600.

## ACTIVATE YOUR KIT

*This step is optional.*

Mon Kit Kudzu

Votre identifiant | Your ID number

**R1-0111-x1k7j2**

Conservez votre identifiant précieusement, il est indispensable pour consulter vos résultats en ligne sur [www.kudzuscience.com](http://www.kudzuscience.com).  
Keep this ID number carefully, you will need it to find your results on [www.kudzuscience.com](http://www.kudzuscience.com).

Entrez votre numéro de kit:

Ex. : R1-0111-x1k7j2

Continuer

- 1 Log on to [www.kudzuscience.com](http://www.kudzuscience.com) and click on « Mon kit Kudzu ».
- 2 Enter the 12-character ID number which appears on your smart card and click on « Continuer ».
- 3 Your kit is now activated.  
To receive an email alert when your report is online, enter your email address in the box provided.

Keep this ID number safe until you get your results. Without it you will not be able to find out your results.

# COLLECT YOUR HAIR SAMPLE

Wash your hands thoroughly and take a clean pair of scissors. You can take the sample yourself or if you prefer with the help of another person. Make sure you take the sample in a draught-free room.

## For hair less than 3 cm long:

For longer hair, please go to the following paragraph.



- 1 Take hair scales and bend the tabs down along the dotted lines.
- 2 Cut a strand of hair **as close to the scalp as possible**. Collect the cut hair sample in your hand.
- 3 Put the hair sample in the indicated area on hair scales. Collect samples until the scale tips, indicating that enough hair has been collected.
- 4 Place the hair sample into the aluminum foil.

*In the case of a lack of hair, a sample of body hair may be taken. Please specify in the sampling information.*

## For hair longer than 3 cm:

You may have to use the scale on the square cardboard to check your hair length.



- 1 Take the square support. Select a hair strip and slide it into the slit. **It is essential that the hair sample is thick enough to fill entirely the empty circle in the center of the support.**

**TIP:** Twist the hair sample to slide it into the support.

- 2 Press the square support in order to flatten it against the scalp. Using clean scissors, cut the hair sample above the support, as close to the scalp as possible.

**TIP:** For aesthetic reasons, it is possible to collect the sample from the back of the head.

- 3 Repeat steps 1 and 2 to collect a second hair sample.

**WARNING :** Insufficient hair samples cannot be analyzed.

- 4 Place the collected hair samples lengthways into the aluminum foil. The cut ends (ends of the hair nearest the scalp) must be placed on the narrow part of the foil.



▲  
PLACE CUT ENDS HERE

# SEND YOUR SAMPLE BACK TO KUDZU SCIENCE



**1** Fold one third of the foil lengthways so that your sample is covered, then fold the remaining third to securely wrap your sample.



**2** Slide it into the protective envelope.



**3** Fill in the sample information on the envelope. Remember to tick the box to give your consent.

**WARNING:** If you do not tick the consent box, the hair sample will not be analyzed.



**4** Put the envelope containing your sample in the pre-paid envelope and drop it into your nearest letter box.

Please keep the smart card safely.  
The ID number is essential to find out your results.

## FIND OUT YOUR RESULTS

Mon Kit Kudzu



Entrez votre numéro de kit:  
Ex.: R1-0111-x1k7j2

Your results are available within 15 to 20 days at the latest once Kudzu Science has received your sample/s (depending on the analysis requested).

**1** Go to [www.kudzuscience.com](http://www.kudzuscience.com) and click on « Mon kit Kudzu ».

**2** Enter the 12-character ID number which appears on your smart card and click on « Continuer » to download your analysis report in PDF format.

If the report does not download, start by checking the ID number (capital/lower case, beware of copy/paste which would add a space after the last character). You can also try to download it from another web browser.

