

# EXPOZOM Hair

*Read this document carefully  
BEFORE you collect your sample*

**FOLLOW THE INSTRUCTIONS  
THOROUGHLY**

**1** Check the contents of your EXPOZOM kit



A scale (short hair sampling)



A template (sampling of long hair)



One sheet of aluminium foil



A small envelope to protect the sample



A pre-paid return envelope for the return of your sample to EXPOZOM

*If any of the items is missing, please contact us at: [contact@expozom.com](mailto:contact@expozom.com)*

## 2 Sampling of short hair (less than 3 cm)

*Use the ruler on the template to measure the length of the hair*



- 1 Fold the sides of the scale
- 2 Using a pair of scissors, cut a strand of hair at the scalp closest to the root on the back of the head.



- 3 Place the hair in the rectangle provided on the scale.

If the mass of the hair is sufficient, the scale will tip over and you can proceed to step **4**



If not, repeat the steps **2** and **3** until you have enough mass.



- 4 Place the hair in the foil and fold the foil over to protect the hair



Proceed to step **4**

## 3 Sampling of long hair (more than 3 cm)



- 1 Take the template and fill the hole with a strand of hair from the back of the skull.

The diameter of the wick should be sufficient to fill the hole completely.



- 2 Press the template against the skull.  
Cut the strand of hair as close to the skull as possible.



- 3 Place the strand of hair on the foil with the part near the root on the bevelled side of the foil.

Repeat operations **1** and **3** to remove a second strand of hair.



Côté racine ici

- 4 Place the hair in the foil and fold the foil over to protect the hair.

Note: Long hair may stick out of the foil.



Proceed to step **4**



## 4 Send your sample to EXPOZOM



- 1 Write down the date of the sample on the small protective envelope
- 2 Place the folded aluminium foil including your sample in the small protective envelope
- 3 Insert the small envelope and the collection form into the pre-paid return envelope.  
Close the envelope.
- 4 Put the envelope in a mailbox.

## 5 Check your results

### Keep the login to access your analysis report.

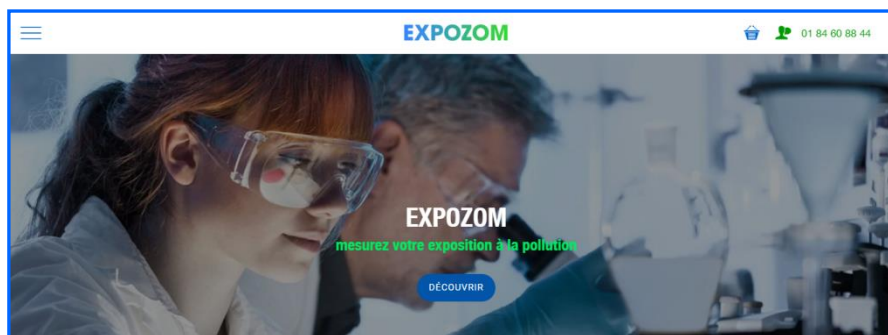
Your results are presented in an anonymous individual report.

Depending on the analysis selected, results are available within 10 to 15 working days of receipt of the sample at the laboratory.

Access your report either:

- ▶ With the secure link sent by email to the order address of the analysis kit
- ▶ At <https://rapports.science-concept.com/en> using the login and password used for the order

*IDENTIFIER*



**You have a question?  
Do you need advice or information?**

Do not hesitate to contact us by email at [contact@expozom.com](mailto:contact@expozom.com)