

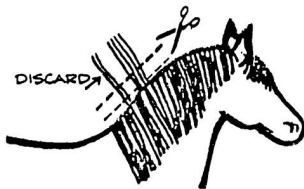


## Instructions for Equine HTMA Sample

1. Use clean scissors (stainless steel is the best option). We recommend not using aluminum scissors.
2. Brush your horse's mane before taking the sample to remove any loose dirt.
3. A full tablespoon (125mg) of hair is required to run the lab test. You may use the scale provided in your test kit to ensure you have cut enough hair for the sample.
4. Cut the mane as close to their skin as possible. The length of the hair should not exceed 1 inch closest to the skin hair as this reflects the most recent mineral and metabolic activity. For longer mane, you may cut/discard any hair at the tips (the oldest end) that is over 1 inch in length.
5. Place your horse's hair in the envelope provided BY ITSELF or in a paper envelope by itself. Do not put it in a plastic bag, aluminum foil, clips, rubber bands, etc. The mane sample must be by itself.
6. Write your horse's name on the envelope, the date the sample was collected on it, and the account number which is 10758.
7. Place the hair sample into a larger envelope for mailing to the lab or into the envelope provided in your test kit.

### Other Notes:

- Shed or brushed hair cannot be accepted, the sample must be cut using scissors.
- Do not use an electric razor to cut the sample as pieces of metal from the blades may become mixed with the mane and lead to false results.
- Do not bathe your horse before taking the sample. If they have been washed please wait until completely dry before taking their mane sample. Even if blow dried the cuticle still needs time to relax which is about 3-4 hours.



Should you have any questions please contact Dr. KP Richards at [kp@livelyrooted.com](mailto:kp@livelyrooted.com) or you may send a text to 706-970-1663.