



DR. AVA FRICK'S
LifeExtend Method
For Healthy, Happy, and Naturally Rejuvenated Animals

INSTRUCTIONS FOR COLLECTING SAMPLES FOR TMA TESTING

The accuracy of a mineral analysis is directly affected by the sample that is provided. For this reason, please follow the instructions precisely for the best results.

1. Wash your pet.- Wait for hair to completely dry. The sample should be taken between 4 and 20 hours after washing.
2. You will need: Scissors or Clippers, Alcohol, Cotton Balls, Scale & Envelope (included in packet)
3. Thoroughly clean the scissors or clippers with alcohol. They should be free of any oil, chemicals, or hair/animal fur. If you are not using stainless steel scissors, check to make sure that the plating is not peeling. This will contaminate the sample.
4. Fill out all the information on the envelope; Lab Number (if you have it), Name of Pet, Sex, Age, Location sample was taken, Date sample was taken.
5. Having your enclosed scale ready, try to cut hair from the belly or chest to avoid any visible bald spots. Cut one full teaspoon of hair, or enough to make the scale tip when placed in the circle. If you need to take the hair from another area that is also ok. ****Take note of the location that the sample was taken. Any future recheck samples will need to be taken from the same location.****
It is very important for laboratory testing, that there is enough hair present. If the scale tips when you place the hair in the circle, it should be sufficient.
****For long haired animals, be sure to cut off the ends of any hair that is over 1 to 1½ inches long prior to weighing.**
6. Place the hair into the envelope that is provided.
7. Mail back to Dr Frick's office with the rest of the documentation to the address below.
8. Directions with photos can be seen on the website link below. Click on: How to collect samples for TMA Testing. There are also directions on the back of the scale that is provided.

<https://www.avafrick.com/dog-hair-analysis/>