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## **H.N.U.S. Analysis**

(Hair, Nails, Urine, Saliva)

- Vitamin and Mineral Deficiencies
- Absorption / Digestive Disorders
- Heavy Metal / Environmental Toxicity
- Enzyme Deficiencies
- Pathogen
- Oxidative Stress Levels
- Blood Sugar Imbalances
- Kidney and Liver Function
- Hormonal Imbalances
- Ph Issues

### **Instructions for the Hair, Urine, Nails, and Saliva sample collection/ mailing are as follows:**

1. **Hair Collection:** Preferable method - cut a small amount of hair close to the root from the neck area. **OR** Alternative method - hair collected from fallout while washing or brushing is acceptable. Place collected sample in a ziploc bag labeled "Hair Sample" and record your name, birth date and collection date on the bag.
2. **Urine Collection:** The first time you urinate after 3:00 a.m., collect some urine on a Q-Tip. Place the collected sample in a ziploc bag labeled "Urine Sample" and record your name, birth date and collection date on the bag.
3. **Nail Collection:** Cut some Fingernails and Toenails. Place the clippings in a ziploc bag labeled "Nail Samples" and record your name, birth date and collection date on the bag.
4. **Saliva Collection:** First thing in the morning, before eating, drinking, or brushing your teeth, swab the inside of your mouth with a Q-Tip. Place the collected sample in a ziploc bag labeled "Saliva Sample" and record your name, birth date and collection date on the bag.
5. **Forms:** Please complete the following forms which are to be mailed with the collected samples: "Health History" and "Vital Health Solutions PMA Membership Contract". You can find the Health History form on our website. Please request a membership contract via email. These forms are only required with the first samples submitted. Follow-up screenings require a current list of medications and supplements being taken and can be recorded on the "Follow-Up" form which is also found on our website.
6. **Mailing:** Please place the 4 Sample Bags, Health History form, Membership Contract **or** Follow-Up form along with the Test Requisition form in an envelope and mail via USPS as soon as possible. Samples are good for testing up to 7 days after collection. Make sure you have an appointment schedule with us before mailing.

THE FOOD AND DRUG ADMINISTRATION HAS NOT EVALUATED THESE STATEMENTS.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.