



*Foresight*  
Registered Charity No. 279160

Children's  
Hair Form

Please complete this form and send in with the hair sample and completed questionnaire. If your child has a different surname to you please give both surnames and remind us each time you write/ ring for information. Please notify us of any change of address or telephone number. (If you lose the forms please send a sae envelope for a replacement)

Hair is delivered to the laboratory each Friday. You should have your child's results and individual programme within 14 - 21 days. There may be occasional delays due to holidays, conferences etc. But we will keep the disruption to a minimum and we appreciate your patience during these times.

The charges (inc VAT) for analysis results and programme are:

Non Member's child: £30.00

Members child: £25.00

Our annual membership fee per couple/ family is £39

Overseas including Eire: Please send Sterling Draft and extra postage up to 250gms

Child's surname ..... Ref. No (We will fill in) .....

First Name ..... Male/Female .....

Address .....

..... Postcode .....

Parent's Surname .....

Parent's tel. Day ..... Parents' tel. Eve .....

Foresight Clinician/ Nutritionist if applicable. ....

Age .....

## **Instructions - please read thoroughly**

Cut hair from back or nape of the neck. The sample must be cut as close to the scalp as possible ie the most recent growth. The hair must be at least 1/2 inch in length (small samples of very short or fine hair tend to float away in the washing process). It does not need to exceed 1 inch please cut off and discard any excess. **At least 1 tablespoon is required.**

To ensure that you gain the maximum benefit from your hair analysis, samples should be as clean and natural as possible, as our analytical instrument can detect minute quantities of everything. Permanent hair dyeing alters the structure of the hair, producing results which are not as accurate as they could be. Semi-permanent dyes and highlights can be dealt with at the laboratory during the washing process.

## **Your checklist - have you enclosed:**

- a Samples in ordinary paper envelopes clearly marked with your name
- b An A5 stamped addressed envelope for results 76p 2nd / 90p 1st
- c This form - fully completed
- d A cheque made payable to Foresight
- e Fully completed questionnaire

All parents receive genuine advice. No child coming to Foresight for advice will be used as a control.

We look forward to being in touch soon.

**All information is treated as confidential.**

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