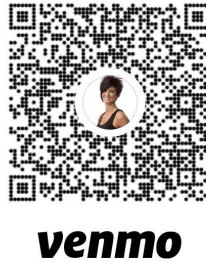# JLDFIT

Intolerance Testing

*Please read these instructions carefully before you begin. As your Holistic Nutritionist, I purchase the test number which allows me to receive your results faster than the standard 2 weeks.

Send Payment

Hair samples are $85. Once I receive your payment, I will email you the test number.

Acceptable forms of payment include: Venmo, Zelle, Paypal, debit/credit cards, and cash.

Fill in the submission form (on the next page)

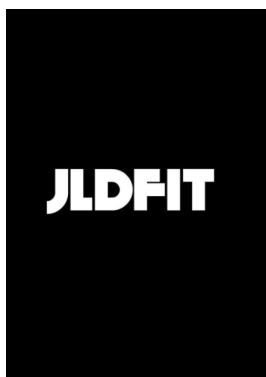While filling out the form, make sure to add:

1. **Personal details:** your name and date of birth.
2. **Your order**: include your Web Order number: #HS-, address, postcode, and Date Purchased: DAY, MONTH, YEAR. (My name and email have already been added to the document, leave these as is)

   *Once it's filled out, make sure to add this form in the package with your hair sample.

Take a hair sample

Take at least 5-7 strands of Head or Body hair and place into a sealed ziplock baggie. **NOTE:** If the bag isn't sealed, the samples will be rejected due to potential contamination. Samples can either be taken from the root by brushing the hair backwards and collecting the strand or by carefully cutting the hair as close to the root as possible. Don't take your hair sample immediately after strenuous exercise. Label the baggie with your name and test number. If sending multiple samples, do the same steps for each person and you may add them to the same envelope. Mail the sample(s) **and** the filled in form directly to the address below. You can use 3 forever stamps or an international stamp for the envelope. Text me when you mail them so we can track the transit time.

The Intolerance Testing Group
1A Bonington Complex
Trent Lane, Castle Donington
Derby, DE74 2PY
United Kingdom

Jodi Lynn DePriest, CHN

Certified Holistic Nutritionist, Personal Chef
Certified Personal Trainer, NASM CES
Energetic Cleansing & Fasting Specialist
Medical Marijuana Specialist

602.909.8586
HealthyWithJodi@yahoo.com
Www.healthywithjodi.com

ALLERGY TEST

Thank you for purchasing your Allergy Test from us!

In order to process your test, please follow the instructions...

01 Print this form
Print off this form and fill in your details.

02 Take your sample
Take your hair sample(s), clearly label and securely seal them.

03 Mail this form and your sample
Send us your sample(s) and this form together.

SEND YOUR FORM AND SAMPLE(S) TO:

Testing Facilities, 1A Bonington Complex, Trent Lane, Castle Donington, Derby, DE74 2PY

Please fill in using **BLACK** ink and in **BLOCK CAPITALS**. Ensure you complete all the details correctly as they can't be changed.

01 PERSONAL DETAILS
Enter the details of the person(s) being tested...

Person 1

Title: | First name: | Surname: | Date of Birth: DD/MM/YY

Person 2

Title: | First name: | Surname: | Date of Birth: DD/MM/YY

Person 3

Title: | First name: | Surname: | Date of Birth: DD/MM/YY

Person 4

Title: | First name: | Surname: | Date of Birth: DD/MM/YY

02 YOUR ORDER
Enter the order details and email address for the results to be sent to...

Name: Jodi Lynn DePriest

Web Order ID:

Address:

Postcode:

Email: Healthywithjodi@yahoo.com

Date of Purchase: DD/MM/YY

PLEASE READ CAREFULLY:

- We only require 5-7 strands of hair and they need to be at least an inch long.
- We test any body hair, it does not need to be from your head.
- Ideally, we prefer samples to include the hair root, however we understand it can be painful for many people. If cutting the hair, please ensure you cut as close to the root as possible.
- Hair dye does not affect testing.
- Once your hair sample(s) is collected, please place strands into preferably a sealed grip bag ensuring the hair remains dry and secure during transit.
- Ensure that each sample is labelled appropriately as applicable.
- Place hair sample bag(s) and the submission form in an envelope.

- We aim to return all test results within 72 hours (from date of receipt at the testing facility).
- Ensure the correct postage is paid, incorrect postage can cause major delays to the processing time. Additionally, Healthy Stuff are not liable to pay these fees and your package may be returned.
- Do not send hair samples in metal foil or other metallic packaging.
- Please be careful not to include other items in the same bag as your hair sample as this can affect the test and your results could be wrong.
- We DO NOT post any printed reports. We simply require your hair sample(s) for testing and then email you the results once the testing is completed.