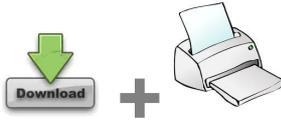


Allergy & Intolerance Test Application Instruction

1. Test Application:



Please **download & print the FORM**

Forms are not sent out automatically in order to cut down on the carbon footprint. If you wish your form to be posted please contact us. Message: 'Please post form' You can also order the form with your payment > 'send message': 'Please post form'

2. Complete the Form :



- Please print in **CAPITAL LETTERS** in your **own handwriting**.
- **Specify the return:** by **email** **or** by **post** (with the postal option you can also receive the result by email. Just tick both options and supply email address)
- Tick **relevant symptoms** and add information (history)
- **Sign & date** the form

Adding additional items for testing on back of form, e.g.: supplements, medication,...any substance.

- Tape solid substance with sello-tape on areas on back of form (or additional sheet) write the name of the item underneath.
- **Or** place in plastic bag / wrap in cling-film. Add substance name on a piece of paper.
- Liquid substances: use a cotton bud - saturating one end - place in plastic bag (sandwich bag) or place in a small glass with lid
- Please **do not** use aluminium-foil.

3. Hair-Sample:



- **Cut** a small hair-sample: **15-30 strands**, app.'1'inch long (1-3cm)
- **Attach with clear tape** to the **designated area** on form.
 - Please make sure that no products are used on the hair.
 - It does not matter if the hair is coloured.
 - If **no hair** is available **use nail clippings**.
 - For babies you can use a saliva swab from the mouth by using a cotton bud (wrap in Clingfilm or plastic bag)
Alternatively place your hair-sample in a small plastic bag



4. Post:



Post – using a normal size envelope.

- 1st class postage is advised (2nd class can at times take 3-5 days)
- You do **not** have to send by recorded delivery.
(If you have added any substance you may use a padded envelope)

Post to: **Kent Detox & Wellbeing**
Unit 6, The Court Yard, Holding Street, Rainham, Kent, ME8 7HE

What happens next?



As soon as your form(s) are received your Allergy & Intolerance Test(s) will be processed within **5-7 working days** and the report sent either by post or email - as specified on the form. (Please allow up to 10-14 days to allow for any unforeseen circumstances).

Need your report sooner? Please tick on form 'URGENT' and we will try our best to process your test within 1-2 days.

If you have any questions regarding your order please contact:

Talita Wigg, Kent Detox & Wellbeing ☎ 07515 429008 / www.kentdetox.co.uk