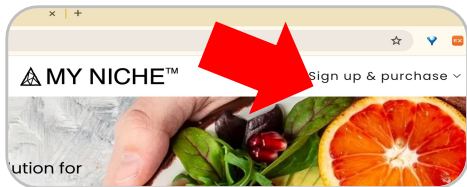


How does MyNiche™ work?

Last updated on June 1, 2025



Sign up & Purchase

Sign up at myniche.org. Purchase a subscription billed annually or monthly. Refer to the Subscription Policy and Privacy Policy on the website.



Cut

Cut four strands of hair as close to the scalp as possible. Gather a half-inch section from the scalp, not from the other end. Alternatively, you may use nails from two fingers instead of hair. See the Sampling Guideline on the next page. Wrap your samples using a piece of paper or a drug envelope to prevent loss.



Send

Print a USPS BRM envelope/label on pp. 3-4 or request physical envelopes through the My Subscription page of the portal. Make sure to include your email inside. Drop it into a USPS collection box.

M

The portal's "My Subscription" page has links to forms and PDFs. To access it, click the first letter of your email in a brown circle on the far right or bottom of the user menu bar.



Sample Submission Form



Submit a Form

Complete and submit a Sample Submission Form on the My Subscription page of the portal whenever you submit your sample.

Today is Tue, May 27, 2025.

Please submit today's reflection.

Logger



Home



Ratings



Relation



Tracker



TU

Learn & Eat Well

Around ten business days after sending the sample, the portal will show your data and personalized recommendations. Maintain a balanced diet by using the portal's daily tracker.



Monthly

Repeat Every Month

Send us a new sample every 30 days to continue your journey to good health and well-being.

Sampling Guidelines

The best condition of the sample for our services

Person's Condition

You can submit your samples while using most oral and injectable medications because their amounts are negligible compared to your food and beverage intake.

You **cannot submit** your sample if you have undergone stable isotope labeling treatment in the past 90 days. You **must not** send us your samples if you have received radioactive treatment, and the radioactive isotopes have not fully decayed.

Scalp Hair

We recommend washing your hair with soap or shampoo and clean water, avoiding any other products like conditioner within 24 hours prior to the sampling.

Make sure the following items are thoroughly cleansed before submitting your sample:

- pomade, gel, wax, clay, hairspray, mousse, sea salt spray, texturizers,
- leave-in conditioner or creams,
- or dry shampoo.

You may submit your hair samples if your hair has been treated with non-professional (home-use) conditioner or treatment.

Naturally bleached hair serves as a good sample, while artificially bleached hair **doesn't**.

The specific portion of your hair sample **must not** have been chemically treated, including:

- permanent wave (perm), bleaching, coloring,
- professional (salon-grade) treatment,
- or any other products that need heating or ironing after being applied to your hair.

Nail

We recommend washing your nails with soap and clean water within an hour before cutting the nail sample.

The specific portion of your nail sample **must not** currently contain any non-natural materials, including manicures or pedicures (e.g., gel, traditional liquid polish, acrylics, etc.). You can submit your nail sample after completely removing these materials.

Fold Order 2

Fold Order 4

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 1265 BOSTON, MA

POSTAGE WILL BE PAID BY ADDRESSEE

MSC 616
STABLE ISOTOPE SCIENCE INC
20 CHARLESGATE W
BOSTON MA 02215-9926

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

Fold Order 3

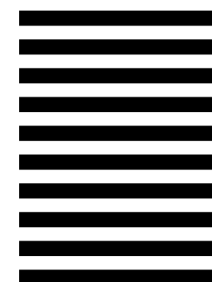
Fold Order 1

To assemble a #10 envelope (4 1/8 x 9 1/2) with our BRM label, cut along the solid line, fold along the dotted line in the indicated numbered order, and apply glue to the shaded area. Avoid enlarging, reducing, or modifying any letters or barcodes. Please refrain from writing anything inside the dotted rectangle (BRM label).

Please cut along the solid line and attach this rectangular label to the front of your #10 envelope (4 1/8 x 9 1/2).
Avoid enlarging, reducing, or altering any letters or barcodes. Please do not write anything inside this BRM label.



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 1265 BOSTON, MA

POSTAGE WILL BE PAID BY ADDRESSEE

MSC 616
STABLE ISOTOPE SCIENCE INC
20 CHARLESGATE W
BOSTON MA 02215-9926

