



EXPOZOM and Good Food Good Farming are organizing the first international participatory campaign to measure exposure to agricultural pesticides: GFGF Pesticide-CheckUp.

The 30 pesticides tested in the hair samples are all authorized for agricultural use in the European Union.

EXPOZOM – GFGF Pesticide-CheckUp		
Pesticide name	No. CAS	Category
2,4-D	94-75-7	H
2,4-MCPA	94-74-6	H
Acetameprid	135410-20-7	I
Aclonifen	74070-46-5	H
Ametoctradine	865318-97-4	F
Boscalid	188425-85-6	F
Chlortoluron	15545-48-9	H
Clomazone	81777-89-1	H
Cyprodinil	121552-61-2	F
Dicamba	1918-00-9	H
Diflufenicanil	83164-33-4	H
Dimethomorph	110488-70-5	F
Ethofumesate	26225-79-6	H
Fluazinam	79622-59-6	F
Fluopicolide	239110-15-7	F
Fluopyram	658066-35-4	F
Fluroxypyr	69377-81-7	H
Lenacil	2164-08-1	H
Metamitrone	41394-05-2	H
Metolachlor (S-)	51218-45-2	H
Pendimethaline	40487-42-1	H
Phenmedipham	13684-63-4	H
Pirimiphos-methyl	29232-93-7	I
Propyzamide	23950-58-5	H
Prosulfocarb	52888-80-9	H
Pyraclostrobin	175013-18-0	F
Spiroxamine	118134-30-8	F
Tebuconazol	107534-96-3	F
Terbutylazine	5915-41-3	H
Trifloxystrobin	141517-21-7	F

No. CAS : Chemical Abstract Service [www.cas.org](http://www.cas.org), unique reference number for each chemical

H : Herbicide, F : Fungicide, I : Insecticide



# Pesticide CheckUp

*Read this document carefully  
BEFORE you begin your sampling*

**FOLLOW THE INSTRUCTIONS CAREFULLY**

- 1 Check the contents of your Pesticide CheckUp kit



A scale (sampling of short hair)



A template (sampling of long hair)



One sheet of aluminum foil



A small envelope to protect the sample



A pre-paid return envelope for the return of your sample to EXPOZOM

## 2 Sampling of short hair (less than 3 cm)

*Use the ruler on the template to measure the length of the hair*



- 1 Fold the sides of the scale
- 2 Using a pair of scissors, cut a strand of hair at the scalp closest to the root on the back of the head.
- 3 Place the hair in the rectangle provided on the scale.  
If the mass of the hair is sufficient, the scale will tip over and you can proceed to step 4  
If not, repeat the steps 2 and 3 until you have enough mass.
- 4 Place the hair in the foil and fold the foil over to protect the hair  
Proceed to step 4

## 3 Sampling of long hair (more than 3 cm)



- 1 Take the template and fill the hole with a strand of hair from the back of the skull.  
The diameter of the wick should be sufficient to fill the hole completely.
- 2 Press the template against the skull.  
Cut the strand of hair as close to the skull as possible.
- 3 Place the strand of hair on the foil with the part near the root on the bevelled side of the foil.  
Repeat operations 1 and 3 to collect a second strand of hair.
- 4 Place the hair in the foil and fold the foil over to protect the hair.  
Note: Long hair may stick out of the foil.  
Proceed to step 4

## 4 Send your sample to EXPOZOM



- 1 Write down the sampling date on the small protective envelope
- 2 Place the folded aluminum foil including your sample in the small protective envelope
- 3 Insert the small envelope and the collection form into the pre-paid return envelope.  
Close the envelope.
- 4 Put the envelope in a mailbox.

## 5 Pesticide CheckUp campaign results

A public report containing all the results and interpretation will be presented in September 2022. It will be available for download on the websites of:



If you finance your own analysis of your sample then go to **6** to get your individual results.

## 6 Check your personal results

### Keep the unique ID below to access your analysis report.

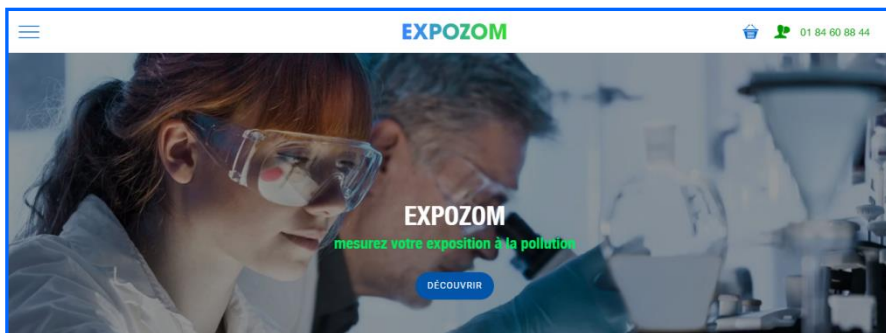
Your results are presented in an anonymous individual report.

Depending on the analysis selected, results are available within 10 to 15 working days of receipt of the sample at the laboratory.

Access your report either:

- ▶ With the secure link sent by email to the order address of the test kit
- ▶ At <https://rapports.science-concept.com/en> using your email address as the login and the kit ID on the right as the password

*IDENTIFIER*



**You have a question?  
Do you need advice or information?**

Do not hesitate to contact us by email at [contact@expozom.com](mailto:contact@expozom.com)