

ZRT Laboratory

Company Description

ZRT is a CLIA certified diagnostic laboratory that supports consumers and healthcare professionals in health management through accurate, convenient and innovative lab testing. Operating for over a decade, ZRT utilizes the most advanced technologies to help providers and patients detect hormonal imbalances, Cardiometabolic risk, Vitamin D and iodine deficiency. ZRT is an industry leader in simplified wellness testing, ordering saliva, dried urine and dried blood spot tests through a network of thousands of domestic and international healthcare practitioners. ZRT's commitment is to offer simple, reliable and clinically accurate testing services with quick turn-around times.



The ZRT Story

ZRT Laboratory was founded in 1998 by David T. Zava, PhD, who now serves as Laboratory Director and CEO. In the creation of ZRT, Dr. Zava's original focus was to develop clinically relevant hormone tests where the sample collection was simple, minimally invasive, and convenient to the patient and the health care practitioner. With this goal in mind, a wide variety of hormone tests were developed in saliva and capillary blood spots. Over the past 13 years, the ZRT Team has developed and commercialized a wide array of tests in saliva, urine and capillary blood spots: test for sex-hormones, adrenal stress hormones, thyroid, Vitamin D, iodine, insulin, cholesterol, and many others.

ZRT Thought Leaders



David Zava, PhD, President and Owner, received his doctorate in Biochemistry from the University of Tennessee, Memphis in 1974. As founder of ZRT (1998), he has been instrumental in developing research projects with physicians and academic groups to understand the role of steroid hormones in health and disease for the past decade. He is also the Clinical Laboratory Director and participates in monitoring Quality Control/ Quality Assurance programs for hormone testing at ZRT. Dr. Zava continues to educate the public and healthcare professionals through his published writings on saliva hormone testing, hormone imbalance and its links to health and disease.



Dr. Sanjay Kapur, PhD, Scientific Director, has extensive experience in biomedical research involving novel assays and technologies in the areas of cytotoxicity and drug metabolism. Dr. Kapur has strong interest in health and wellness with emphasis on heart disease, diabetes and obesity, and lectures extensively at local and international scientific meetings on various aspects of cardiometabolic health.



Mark Newman, MS, VP of Laboratory Operations, has been instrumental in developing laboratory tests using various techniques including liquid chromatography-mass spectrometry (LC-MS), gas chromatography-mass spectrometry (GC-MS), and immunoassays (ELISA). Mark lectures nationally on saliva, blood spot and urine testing methodologies, validity and accuracy.

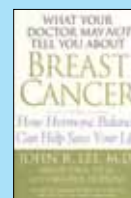
For more information on ZRT testing services and full bios, go to: www.zrtlab.com.

The ZRT Difference



ZRT Advantages:

- Simplicity and convenience
- Accuracy
- Innovative methodologies
- Fast turn-around times
- Online access to test results
- Evaluation assistance
- Educational resources
- Patient marketing materials
- Educational events



David Zava, PhD, co-author of *What Your Doctor May Not Tell You About Breast Cancer*, explain potentially life saving

strategies to lower risk and help stop this devastating disease. His educational, research and professional background includes saliva hormone testing, hormone imbalance and its links to health and disease.

ZRT Laboratory

LABORATORY TESTING MADE SIMPLE
(866) 600-1636 | info@zrtlab.com | www.zrtlab.com



Saliva Testing



Advantages of Using Saliva:

- Collection is painless, non-invasive, and convenient
- Allows private and timely sample collection at home
- Less expensive and more convenient for patient and practitioner than traditional venipuncture
- Salivary steroids stable at room temperature up to a week, allowing wider latitude in shipment
- Requires no special handling for return shipment

Blood Spot Testing



Advantages of Using Dried Blood Spot (Capillary):

- Simple, nearly painless collection of blood by finger stick
- No inconvenience driving to a blood collection center
- Simple and convenient blood collection and preparation
- Much less blood required for expanded testing
- Requires no special handling for shipment

Dried Urine Testing



Advantages of Dried Urine for Iodine Testing:

- Simple urine collections on dried filter strips
- More convenient than 24-hr collection that require bulky containers
- Determines if baseline or supplemented level is within range for optimal thyroidal effects
- Specimens in dried urine are stable for weeks at room temperature, allowing more flexibility in collection and shipment
- Iodine results expressed in micrograms per liter urine and per mg creatinine help to normalize results with urine that is concentrated or diluted from high liquid intake
- Requires no special handling for shipment

Combination Testing



Materials are contained in an all-in-one kit and can be used to test combination profiles in:

- Saliva and Dried Blood Spot
- Dried Urine and Dried Blood Spot



Tests in Saliva:

Estradiol (E2)
Estriol (E3)
Estrone (E1)
Progesterone (Pg)
Testosterone (T)
DHEA-S (DS)
Cortisol (C)
Diurnal Cortisol (C x 4)

Tests in Dried Blood Spot:

Estradiol (E2)
Progesterone (Pg)
Testosterone (T)
DHEA-S (DS)
Cortisol (C)
Sex Hormone Binding Globulin (SHBG)
Prostate Specific Agent (PSA)
Thyroid Stimulating Hormone (TSH)
Free Triiodothyronine (fT3)
Free Thyroxine (fT4)
Thyroid Peroxidase Antibody (TPO)
Thyroglobulin (Tgbn)
Somatomedin C (IGF-1)
Insulin (In)
Lutenizing Hormone (LH)
Follicle Stimulating Hormone (FSH)
HighSensitivityC-ReactiveProtein(hsCRP)
Hemoglobin A1c (HbA1c)
Triglycerides (TG)
Vitamin D 25-OH, Total (D2, D3)
Total Cholesterol (CH)
LDL, HDL, VLDL

Tests in Dried Urine:

Iodine (I)
Creatinine (Crtn)

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Hormones

Hormones should exist in harmony with each other. When hormone balance is lost, hormone deficiencies and excesses can cause chronic symptoms and disorders:

- Fatigue
- Infertility
- Loss of libido (sex drive)
- Headaches
- Mood swings
- Depression
- Weight Gain
- Irritability
- Hot flashes

Testing hormones may be the first step to feeling better. Saliva and blood spot testing reliably identify hormone imbalances. When supplemented hormones are delivered through the skin, oral or vaginal mucosa, hormone levels in saliva and capillary blood spot better represent tissue hormone uptake.

Vitamin D

Vitamin D deficiency is very common. Vitamin D has been found to be important in protecting the body from cardiovascular disease, stroke, osteoporosis, osteomalacia, cancer, autoimmune diseases, diabetes, and schizophrenia.

ZRT developed and refined Vitamin D testing in capillary blood taken from the finger and dried on filter paper.

Clinical Utility of the Vitamin D Test:

- Identify vitamin D deficiency as a potential cause of health problems
- Monitor patient 25-hydroxyvitamin D levels during vitamin D supplementation to ensure adequate dosing and protect against overdosing

Iodine

Iodine plays many different roles in optimizing health and preventing disease, so it is essential that proper iodine intake is maintained and problems associated with either inadequate or excessive iodine levels are identified.

Clinical Utility of Comprehensive Iodine Thyroid Profile:

- Determine if iodine level (baseline or supplemented) is within range for optimal thyroidal and extra-thyroidal effects (e.g., thyroid hormone synthesis, antioxidant, antimicrobial, antiproliferative)
- Validation studies show average iodine levels in the dried spot urine are equivalent to iodine levels in a 24 hr urine collection

CardioMetabolic Profile

Proper management of cardiometabolic risk factors can support the overall wellness pictured and provide effective tools for improved lifestyle and longevity.

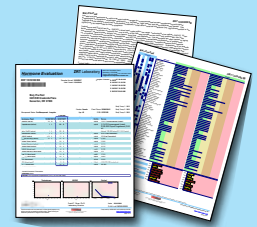
Clinical Utility of CardioMetabolic Profile I:

- Early detection of major indicators associated with metabolic syndrome
- Risk assessment and monitoring of patients being treated for type 2 diabetes
- Screening which will allow clinicians to recommend appropriate treatments to reduce the overall risk and potentially avoid the onset of type 2 diabetes and cardiovascular disease

Innovations

Hormone testing at ZRT:

- Female Hormone Profiles
- Male Hormone Profiles
- Thyroid Profiles
- Adrenal Profiles
- Fertility Profiles



Vitamin D Testing Available NOW!

Detect Vitamin D deficiencies with our simple blood spot test.



Iodine deficiency has become a global health problem.

Accurate diagnosis may often be overlooked, because the symptoms overlap with those of other illnesses.

Cardiometabolic risk factors:

- Central obesity
- High blood pressure
- Elevated blood lipids
- Smoking

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