

Hormone Users' Guide to Saliva Collection

You do NOT need to stop current hormone therapy prior to collection. Continue to use your hormones as prescribed. Please follow chart below for optimal timing of collection.

HORMONE TYPE	COLLECT SAMPLE
Topicals (gels, creams, sprays, vaginal)	12-24 hours AFTER last dose
Pills (progesterone)	6-24 hours (optimally 6-10 hours AFTER last dose)
Pills (all other hormones)	12-24 hours AFTER last dose
Sublinguals/Troches BLOOD SPOT	6-10 hours AFTER last dose
Sublinguals/Troches SALIVA	NOT recommended to test in saliva
Patches	1-2 days AFTER applying patch
Injections/Pellets	Midpoint between injection/pellet inserts
7-Keto Dhea (Not regular DHEA)	72 hours AFTER last dose

The following also qualify as hormones (collect as above):

- Birth control
- Melatonin
- Creams containing pregnenolone and/or placental derivatives
- Anti-inflammatory steroid creams/inhalers/oral medications (e.g. hydrocortisone, prednisone, betamethasone)

If you collect outside the recommended time frame above, this may result in hormone levels lower or higher than ZRT reference ranges for hormone users.

Topical Hormone Users should follow the instructions below to avoid direct contamination of sample during collection.

- ▶ Do NOT use bare hands for topical hormone application for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator).
- ▶ Do NOT apply hormones to face or neck the night before collection- apply to areas that can be covered by clothing to avoid transfer of hormones from fingers to face, lips, or mouth.
- ▶ Just before collecting sample, wash and dry hands with soap and clean towel and, thereafter, avoid touching bathroom faucets, door handles, towels, or soap that might be contaminated with traces of topical hormone creams or gels.

Innovating Hormone Testing
866.600.1636 | info@zrtlab.com | www.zrtlab.com



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Collection Instructions

TAKING HORMONES?
See inside panel

This Collection Instruction Booklet is for the Adrenal Stress Profile.

Review Collection Guidelines below for collection timing. We strongly recommend you view our quick video on how to best collect a sample at www.zrtlab.com.

Hormone Users: See the "Hormone Users' Guide to Saliva Collection" on back panel for additional instructions.

Prepare for Collection:

- ▶ Lay out the kit contents.
- ▶ IMPORTANT: Print name, date, and time on collection devices where indicated prior to collecting the sample.
- ▶ Wash and dry hands with clean towel.

Test Results: Completion of the hormone tests typically takes about 3-5 days from the date ZRT receives your sample. Test results are returned to the health care provider who ordered them; you may obtain a copy there.

DISCLAIMER: ZRT Laboratory is a testing facility only, and does not diagnose, treat, or recommend treatment for medical conditions.

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Rev. 10.08.14

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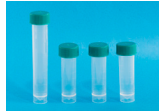
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Rev. 10.08.14

Saliva Collection

www.salivavideo.com



- ▶ Collect large tube in morning within 30 min. of waking (no food/drink)
- ▶ Collect a small tube at noon, before lunch
- ▶ Collect a small tube just before dinner
- ▶ Collect the last small tube at bedtime

IMPORTANT: Do NOT eat, drink (except water), or brush teeth for at least 2 hours prior to collection. Do not use lip products the day of collection.

1. Rinse mouth with water about 5 minutes prior to collection.
2. Begin collecting saliva by allowing it to pool in mouth and then transfer into the tube.
3. Fill tube at least 1/2 full. Collection usually takes 5-30 minutes depending on saliva flow.
4. When done, cap the tube and place back into the plastic baggie.
5. Repeat steps 1-4 for additional noon, evening, night collection.

TIPS: Dry mouth? Try pressing tip of tongue against teeth. Smelling (not eating) a lemon or other food can start saliva flow. Yawning can help too.

Mistake Collecting? Just rinse out the entire tube with hot water, no soap, shake out remaining water, and start over.

See "Complete Paperwork" panel for final steps.

Complete Paperwork and Send Samples to Lab



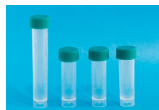
1. Complete all relevant sections on the Test Requisition.
 - Collection date & time(s)
 - Hormone & supplement usage
Please list any prescription or compounded hormones, including thyroid medication; please list all supplements (e.g. Iodoral, Vitamin D, Pregnenolone, 7-keto DHEA)
 - Symptoms
 - Tests requested (unless premarked on paperwork)
 - Payment information
 - Signature
2. Place all samples, test requisition and any other paperwork **INSIDE** the plastic test kit box; snap test kit lid shut.
3. Place entire test kit box inside the return packaging.
4. Affix the prepaid label or postage if required.
5. Return using the appropriate carrier.

IMPORTANT:

SALIVA SAMPLES should be sent as soon as possible after collection and will remain stable under average shipping conditions. If sample(s) will not be sent the day of collection, please store in the freezer and note dates in Section 5 of the Test Requisition.

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