



Testing with ZRT

AN OVERVIEW OF TESTING WITH ZRT LABORATORY



*The only way to know if hormones
are in balance is to test them.*

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The ZRT Difference

When choosing a laboratory, it's crucial to partner with a group that has **unmatched expertise and state-of-the-art technology to deliver the most accurate results** and make it easy for you to get on board.

Advancing the Science of Testing

- ✓ Ongoing clinical research, published in peer-reviewed journals and presented at scientific meetings, in collaboration with investigators around the world including the CDC, NIH, the military and academic research centers.

Accuracy

- ✓ We ensure accurate test results for low-concentration hormones such as estradiol by using an extraction process for saliva testing.
- ✓ Precision and accuracy are maintained with rigorous proficiency, testing both internally and externally.

Flexibility & Convenience

- ✓ We offer all four test mediums (saliva, blood spot, dried urine, and serum) and a varied menu of tests, allowing maximum flexibility and optimal timing of sampling.
- ✓ First-morning saliva sampling measures peak hormone levels and ensures correspondence with supplementation ranges that depend on time since last hormone use. No need to collect four daily samples except when testing diurnal cortisol.
- ✓ We determine reference ranges for individual patient ages, menstrual status, and hormone supplementation, so patients don't need to stop taking hormones to use our testing.
- ✓ Turnaround time 3-5 business days.

Comprehensive Test Reports

- ✓ Test results correlate hormone levels with reported symptoms and hormone supplementation.
- ✓ All reports are physician-reviewed with individualized comments, and include previous test results to compare current and past hormone levels to monitor patient progress.
- ✓ Secure, online access to test reports.

Provider Support & Education

- ✓ On-call clinical consultants available without appointment to consult with medical practitioners regarding hormone testing and bioidentical treatment approaches.
- ✓ Complimentary educational webinars for medical professionals presented by physician experts in the areas of physiology and endocrinology; complimentary patient education webinars.
- ✓ Patient education brochures and point-of-sale displays.
- ✓ Online access to resource materials, webinars, and reference documents.
- ✓ Discounted yearly testing for provider employees.

Who, When & How to Test

ZRT test kits offer simple and convenient home collection of saliva, dried blood spot or dried urine samples. The resources we offer make sample collection easy – whether you prefer watching a video or following detailed instructions.



Who to Test

Candidates for **hormone** testing include men and women who are struggling with:

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Foggy thinking
- ✓ Decreased sex drive
- ✓ Vaginal dryness
- ✓ Acne
- ✓ Increased body/facial hair
- ✓ Heavy or irregular menses
- ✓ PMS/PMDD
- ✓ Fibrocystic breasts
- ✓ Breast cancer
- ✓ Infertility or PCOS
- ✓ Chronic stress and/or fatigue
- ✓ Weight gain, especially around the waist
- ✓ Heart palpitations
- ✓ Dry skin/brittle nails
- ✓ Cold hands and feet

Candidates for **neurotransmitter** testing include adults and children who are struggling with:

- ✓ Anxiety
- ✓ Depression
- ✓ Chronic fatigue
- ✓ Impulsivity
- ✓ Insomnia
- ✓ OCD or ADHD

Candidates for **heavy metals & essential elements** testing include adults and children who:

- ✓ Have exposure to well water or aging pipes
- ✓ Live in an older home or industrial area
- ✓ Have mercury dental work
- ✓ Consume foods like vegetables, rice and seafood that may be tainted by heavy metals
- ✓ Smoke cigarettes

When to Test

Hormones

- ▶ Pre-menopausal women should collect saliva, blood or urine on days 19-21 of their cycle. Women with irregular cycles should collect five days before they think their period will start.
- ▶ Post-menopausal and non-cycling women, men and children can collect any day of the month.
- ▶ See specialized instructions for those using hormones.

Neurotransmitters

- ▶ Cycling women can collect any day they aren't bleeding.
- ▶ Non-cycling women, men and children can collect any day of the month.

Heavy Metals & Essential Elements

- ▶ Cycling women can collect urine any day they aren't bleeding. They can collect blood any day.
- ▶ Non-cycling women, men and children can collect urine or blood any day of the month.

How to Test

Once you have identified a patient who can benefit from testing, follow these steps:

Alleviate Concerns

- ▶ Explain that the testing process is simple. ZRT saliva, blood spot, and urine test kits require no needles or lab visits.
- ▶ All samples except serum can be collected at home and returned to the lab by UPS.

Walk Through the Test Kit

- ▶ Walk through the test kit with patients, pointing out:
 - Collection instructions
 - Saliva tubes/blood spot lancets and filter card/urine cards
 - Postage paid return label/mailed bag

Review Collection

- ▶ Encourage patients to read collection instructions prior to testing, and fill out the paperwork the night before collection, leaving only Section 5 of the form (Sample Collection Dates and Times) to fill in the day of collection.
- ▶ Encourage patients to view ZRT's collection videos online at www.zrtlab.com/sample-collection



ZRT's Symptom Checklists will help identify which patients can benefit from testing and what type of testing is best for them - download those at www.zrtlab.com/resources

Understanding ZRT's Test Reports

ZRT's test reports are the most comprehensive results available anywhere.

Patient test results are a comprehensive review of their tested levels in correlation with reported symptoms, hormone usage (if applicable) and menstrual history in women. Each test result is individually reviewed to produce a complete report with descriptive comments added by licensed physicians on staff.

TEST REPORT

8605 SW Creekside Place
Beaverton, OR 97008
Phone: 503-466-2445 Fax: 503-466-1636

2018 08 02 200 SB
Ordering Provider:
Jane Getuwell, MD

Patient Name: Comprehensive Female Profile II
Patient Phone Number: 555 555 5555

Gender Female	Last Menses Unspecified	Height 5' 8 in	Waist Unspecified
DOB 9/30/1964 (53 yrs)	Menses Status Hysterectomy (ovaries removed)	Weight 144 lb	BMI 23.4

TEST NAME	RESULTS 07/28/18	03/01/18	02/26/18	RANGE
Salivary Steroids				
Cortisol	6.7	3.2 L		3.7-9.5 ng/mL (morning)
Cortisol	2.3	1.2		1.2-3.0 ng/mL (noon)
Cortisol	0.9	0.7		0.6-1.9 ng/mL (evening)
Cortisol	0.8	1.0		0.4-1.0 ng/mL (night)
Blood Spot Steroids				
Estradiol	69		73	43-180 pg/mL Premeno-luteal or ERT
Progesterone	11.6		31.5 H	3.3-22.5 ng/mL Premeno-luteal or PgRT
Ratio: Pg/E2	168		432	Pg/E2 (bloodspot-optimal 100-500)
Testosterone	97 ⁽¹⁾		34 ⁽²⁾	⁽¹⁾ 20-130 ng/dL Premeno-luteal or TRT ⁽²⁾ 10-45 ng/dL Postmenopausal
SHBG	87			15-120 nmol/L
DHEAS	70			40-290 µg/dL
Blood Spot Thyroids				
Free T4*	1.1			0.7-2.5 ng/dL
Free T3	3.2			2.4-4.2 pg/mL
TSH	0.4 L			0.5-3.0 µU/mL
TPOab*	12			0-150 IU/mL (70-150 borderline)

*L = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low. * For research purposes only.

Results

Results for each test are shown on a color-coded slider.

- Outside the Range
- High/Low Normal
- Within Range

ZRT is one of the few labs able to show historical test results, if available. These results are displayed directly next to the current results, so it's easy to see changes over time.

ZRT reports the normal/expected range of each marker tested.

Note: If applicable, optimal ranges are provided.

- ▶ Reference ranges are observed ranges based on collected laboratory data. Unlike other labs, patients do not need to stop hormone supplementation to use ZRT's testing because we have ranges adjusted for age, menstrual status, and supplementation types. This is the ideal method for tracking the effectiveness of hormone treatments.
- ▶ Providers can opt to show all reference ranges for the tests included on a separate page of the report.

TEST REPORT | Results

Comprehensive Female Profile II # 2018 08 02 200 SB

Therapies

07/28/18: 0.5mg topical Biestrogen (E2 + E3) (compounded) (1 Days Last Used) 100mg topical Progesterone (compounded) (1 Days Last Used) 1000mg oral Oxyne (OTC) (1 Days Last Used) 5mg topical Testosterone (compounded) (1 Days Last Used) 5mg sublingual (SL) DHEA (OTC) (1 Days Last Used) 500mg oral L-Levothyroxine (L4) (Pharmaceutical) (1 Days Last Used) 50mg oral Armour (glandular Thyroid) (Pharmaceutical) (1 Days Last Used) 1mg oral Fe-23 (Pharmaceutical) (1 Days Last Used) GABA5mg oral Melatonin (OTC) (1 Days Last Used) 10mg oral Pregnenolone (OTC) (1 Days Last Used) 50mg oral 5-HTP (5-Hydroxytryptophan) (OTC) (1 Days Last Used)

03/01/18: 0.5mg topical Biestrogen (E2 + E3) (compounded) (23 Hours Last Used) 100mg topical Progesterone (compounded) (23 Hours Last Used)

02/26/18: 0.5mg topical Biestrogen (E2 + E3) (compounded) (1 Days Last Used) 100mg topical Progesterone (compounded) (1 Days Last Used)

Graphs

Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

Graphs & Therapies

ZRT reports display patient-provided supplementation information (hormone, dose, delivery, timing).

Graphs show reported levels by age or time to assist interpretation.

For hormones that vary by time of day like cortisol and melatonin, the graph shows the range as it changes over the course of a day and the test results are plotted on the graph according to the actual time of day the sample was collected. Ranges within the graphs are color-coded to show the degree of variation from the center of the normal range.

For hormones that vary in level with age, reports include graphs based on our database of testers not using hormone supplementation, showing the variation in levels with age. The test result is marked on each graph to indicate where the result falls in relation to the observed range for the tester's actual age.

TEST REPORT | Patient Reported Symptoms

Comprehensive Female Profile II # 2018 08 02 200 SB

Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/symptoms

SYMPTOM CATEGORIES	RESULTS 07/28/18	03/01/18	02/26/18
Estrogen / Progesterone Deficiency	11%	14%	21%
Estrogen Dominance / Progesterone Deficiency	8%	11%	15%
Low Androgens (DHEA/Testosterone)	21%	36%	39%
High Androgens (DHEA/Testosterone)	0%	15%	7%
Low Cortisol	22%	42%	47%
High Cortisol	7%	12%	17%
Hypometabolism	9%	27%	25%
Metabolic Syndrome	0%	2%	9%

SYMPTOM CHECKLIST

Symptom	07/28/18	03/01/18	02/26/18
Aches and Pains			
Acne			
Allergies			
Anxious			
Bleeding Changes			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Breast Cancer			
Breasts - Fibrocystic			
Breasts - Tender			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Fatigue - Evening			
Fatigue - Morning			
Fibromyalgia			
Foggy Thinking			
Galls			
Hair - Dry or Brittle			
Hair - Increased Facial or Body			
Hair - Scalp Loss			
Headaches			
Hearing Loss			
Heart Palpitations			
Hormones			
Hot Flashes			
Incontinence			
Intestinally			
Intestinally			
Libido Decreased			
Memory Lapse			
Mood Swings			
Muscle Size Decreased			
Nails Breaking or Brittle			
Nervous			
Night Sweats			
Numbness - Feet or Hands			

Symptoms

Patient symptoms are summarized into eight hormone imbalance conditions and scored with ● red, ● yellow or ● green bars to indicate severity.

Symptoms rated mild (1), moderate (2) or severe (3).

Sixty-eight symptoms, self-reported by the patient on the test requisition.

Please refer to our Symptom Guide available at www.zrtlab.com for details about symptom categories.

Comments (not pictured)

Individualized comments correlate lab results, symptoms, and hormone usage (if applicable). ZRT providers can choose to include their professional comments in addition to, or in lieu of, the lab comments. The Comments page is a thorough explanation that provides a better understanding of tested levels in relation to intensity of self-reported symptoms (mild, moderate, severe), menstrual history in women, and supplementation at the time of testing. The self-reported symptoms do not influence lab results, but are included in the individualized comments as they relate back to lab results.

! Test results are generally available 3-5 business days after samples are received at the lab.

Scientific Experts



DR. DAVID ZAVA
FOUNDER

ZRT's founder Dr. David Zava, a biochemist by trade and a teacher at heart, is animated when he talks about his work. He didn't start out trying to build a company — as a researcher, he wanted to provide health care practitioners and patients with a deeper understanding of the role hormones play in wellness.

The more he studied, the more test results he reviewed, and the more patient stories he heard, the more he knew he needed to channel his knowledge into something that enables people to be actively involved in their own health.

To this day, he's continually searching to understand more fully how the world around us impacts our well-being, and how our lifestyle choices, environment and genetics impact the delicate balance of our hormones.

His hands-on approach trickles down through ZRT Laboratory, so much so that the company is renowned for the way it supports people and their health on such a personal level.

ZRT Laboratory embodies Dr. Zava's vision, and is recognized the world over as a team devoted to providing the most accurate results with the most educated insight into their meaning.

Dr. Zava received his doctorate in biochemistry from the University of Tennessee.



OUR LABORATORY TEAM

ZRT Laboratory was founded on the basis of high-level research. Staying at the forefront of the industry has meant the development of innovative tests, requiring extensive validation before being offered commercially. Our ongoing involvement with research projects in collaboration with academic institutions include those funded by the National Institutes of Health, as well as research organizations or hospitals, and the Centers for Disease Control and Prevention. While our clinical research and conference abstracts have been published in peer-reviewed journals in addition to poster presentations at scientific meetings, we've also presented our research at international conferences.

Clinical Experts

Call 1.866.600.1636 to Speak to a Clinician

Our clinical experts are available for peer-to-peer conversations that cover how to interpret our results and how to handle challenging patient cases. Our experts also perform collaborative clinical research with groups such as the CDC, NIH and academic research groups worldwide. We have published research in peer-reviewed journals and presented at scientific meetings.



DR. ALISON MCALLISTER
HEAD CLINICIAN

Dr. Alison McAllister is the lead clinical consultant for ZRT. She sees patients in her own practice several days a week, and has worked with ZRT for over 21 years – helping hundreds of doctors understand hormone balance and the role that hormones, neurotransmitters and elements play in overall health. She is an expert in thyroid function, fertility and PCOS. In addition, Dr. McAllister also regularly lectures for groups such as the A4M and IFM at industry conferences.



DR. SHERRY LABECK
CLINICAL CONSULTANT

Dr. Sherry LaBeck has been with ZRT for over 18 years. Prior to being a clinical consultant she taught at the National University of Naturopathic Medicine in Portland, OR, and the Southwest College of Naturopathic Medicine in Tempe, AZ. Her mission is to continue to expand education about hormones for health care providers around the country.



DR. BETH BALDWIN
CLINICAL CONSULTANT

Dr. Beth Baldwin earned her ND at Bastyr University in 2004. She has since worked in private practice, community health and clinical research, focusing on women's health throughout the lifespan, bioidentical hormone replacement and neurodevelopmental disorders. Dr. Baldwin also served as director of medical affairs for a professional nutraceutical manufacturer for over a decade. As a member of ZRT Laboratory's Clinical Consultant team, Dr. Baldwin shares her knowledge to promote safe approaches to hormonal health.



Staff clinicians available 9am-5pm PT, Mon-Fri at 1.866.600.1636 for peer-to-peer consultations – no charge, no appointment necessary, no time limits

The Ease of Working with ZRT

You're already busy running your practice, so we've designed our services to keep things **simple**.

Live Customer Service Agents

Our Customer Service staff is available to assist you Monday–Friday, from 6am-5pm PT.

- ▶ Reach us at 1.866.600.1636 or +1.503.466.2445 or info@zrtlab.com

Secure Online Access | myZRT

After logging into the secure, online portal at www.myZRT.com, providers can manage many aspects of their ZRT account such as:

- ✓ Ordering kits
- ✓ Checking on the status of samples
- ✓ Downloading completed reports

Online Resources | www.zrtlab.com

Many educational and patient support documents are located on our company website such as:

- ▶ Collection Videos – www.zrtlab.com/sample-collection/
- ▶ Downloadable Instructions – www.zrtlab.com/sample-collection/
- ▶ Provider & Patient Education – www.zrtlab.com/resources/
- ▶ Frequently Asked Questions – www.zrtlab.com/faq/

ZRT also posts educational updates and links to useful resources such as:

- ✓ Recent provider webinars
- ✓ New educational patient materials
- ✓ New testing options

Payment Options & Billing Practices



Bill Provider (Domestic and Canada)

- ▶ Provider distributes kits to patients
- ▶ Provider is responsible for payment to ZRT and will be billed twice monthly for any completed report
- ▶ Automatic payment methods are available for provider convenience (required in Canada)
- ▶ Patient insurance billing is the responsibility of the provider (except Medicare, see below)
- ▶ Return shipping included



Patient Pay (Domestic Only)

- ▶ Provider distributes kits to patients
- ▶ Patient is responsible for payment to ZRT Laboratory
- ▶ We will courtesy bill a select group of insurances as a non-contracted provider at ZRT retail price
- ▶ Return shipping included



International

- ▶ Provider distributes kits to patients
- ▶ Provider is billed twice monthly for any report that has been completed (Patient Pay not available)
- ▶ Automatic payment required with this option
- ▶ International shipping charges apply for outbound orders
- ▶ Patient is responsible for return shipping costs

Insurance Billing

ZRT Laboratory will courtesy bill the following insurance companies: Original Medicare Part B, Medicare Advantage Plans, TRICARE. Humana and Regence Blue Cross Blue Shield as a non-contracted provider at the ZRT retail price. Please note we do not file secondary insurance. We recommend patients check with their insurance companies regarding coverage prior to testing.

Medicare

Prepayment is required for saliva testing or for any test ordered by providers outside the scope of their practices (ND, DC, LAC, etc.) or who are not enrolled with Medicare, as it is not covered. All providers must order Medicare Kits separately from standard test kits to satisfy Medicare regulations. ZRT Laboratory will courtesy bill Medicare for all payment options.

Overview of Kits | Standard Kits



SALIVA

- **Female / Male Saliva Profile I:** E2, Pg, T, DS, C
- **Female / Male Saliva Profile II:** E2, Pg, T, DS, Cx2
- **Female / Male Saliva Profile III:** E2, Pg, T, DS, Cx4
- **LCMS Saliva Steroid Profile:** E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ
- **Hormone Trio - Saliva Profile:** E2, Pg, T
- **Adrenal Stress Profile:** DS, Cx4
- **Diurnal Cortisol Profile:** Cx4



DRIED BLOOD SPOT

- **Female Blood Profile I:** E2, Pg, T, SHBG, DS, C
- **Female Blood Profile II:** E2, Pg, T, SHBG, DS, C, TSH, ft3, ft4, TPOab
- **Male Blood Profile I:** E2, T, PSA, SHBG, DS, C
- **Male Blood Profile II:** E2, T, PSA, SHBG, DS, C, TSH, ft3, ft4, TPOab
- **Hormone Trio - Blood Profile:** E2, Pg, T
- **Vitamin D Profile:** 25-OH D2, 25-OH D3, total
- **CardioMetabolic Profile:** In, hsCRP, HbA1c, TG, CH, HDL, LDL, VLDL
- **Toxic & Essential Elements - Blood Profile:** Zn, Cu, Mg, Se, Cd, Hg
- **Essential Thyroid Profile:** TSH, ft3, ft4, TPOab
- **Elite Thyroid Profile:** T4, Tgbn, TSH, ft3, ft4, TPO



SALIVA + BLOOD

- **Comprehensive Female Profile I:** Saliva: E2, Pg, T, DS, Cx4
Blood Spot: TSH, ft3, ft4, TPOab
- **Comprehensive Female Profile II:** Saliva: Cx4
Blood Spot: E2, Pg, T, SHBG, DS, TSH, ft3, ft4, TPOab
- **Comprehensive Male Profile I:** Saliva: E2, T, DS, Cx4
Blood Spot: PSA, TSH, ft3, ft4, TPOab
- **Comprehensive Male Profile II:** Saliva: Cx4
Blood Spot: E2, T, SHBG, PSA, DS, TSH, ft3, ft4, TPOab



BLOOD + URINE

- **Comprehensive Thyroid Profile:** Dried Urine: I, Se, Br, Li, As, Cd, Hg, Crtn
Blood Spot: T4, Tgbn, TSH, ft3, ft4, TPOab
- **Comprehensive Toxic & Essential Elements Profile:** Dried Urine: I, Br, Se, Li, As, Cd, Hg, Crtn
Blood Spot: Zn, Cu, Mg, Se, Cd, Hg



BLOOD DRAW

- **Female Serum Hormones Basic Profile:** E2, Pg, T, SHBG, DS, C, TSH
- **Female Serum Hormones Advanced Profile:** E2, Pg, T, SHBG, DS, C, TSH, ft3, ft4, TPOab, FSH, LH, FER
- **Male Serum Hormones Basic Profile:** E2, T, PSA, SHBG, DS, C, TSH
- **Male Serum Hormones Advanced Profile:** E2, T, PSA, SHBG, DS, C, TSH, ft3, ft4, TPOab, LH, FER

Overview of Kits | Specialty Kits



NEUROTRANSMITTERS

- **Neurotransmitters Profile:** Dried Urine: GABA, Glu, Gly, DA, Epi, NE, HIST, 5-HT, PEA, DOPAC, HVA, 5-HIAA, NMN, VMA, Trp, Kyn, 3-OHKyn, Tau, Gln, His, N-MeHist, Tyra, KynAc, Xanth, Tyr & Crtn
- **Neurotransmitters + Saliva Steroids Profile:** Dried Urine: GABA, Glu, Gly, DA, Epi, NE, HIST, 5-HT, PEA, DOPAC, HVA, 5-HIAA, NMN, VMA, Trp, Kyn, 3-OHKyn, Tau, Gln, His, N-MeHist, Tyra, KynAc, Xanth, Tyr, Crtn
Saliva: E2, Pg, T, DS, C
- **Neurotransmitters + UDH I Profile**
- **Neurotransmitters + UDH II Profile**
- **Neurotransmitters + UDH III Profile**



WEIGHT MANAGEMENT

- **Weight Management Profile:** Saliva: E2, Pg, T, DS, Cx4
Blood Spot: TSH, D2, D3, In, HbA1c
- **Weight Management + Thyroid Profile:** Saliva: E2, Pg, T, DS, Cx4
Blood Spot: TSH, D2, D3, In, HbA1c, ft3, ft4, TPOab
- **Weight Management + Cardio Profile:** Saliva: E2, Pg, T, DS, Cx4
Blood Spot: TSH, D2, D3, In, HbA1c, hsCRP, TG, CH, LDL, VLDL, HDL
- **Weight Management + Thyroid + Cardio Profile:** Saliva: E2, Pg, T, DS, Cx4
Blood Spot: TSH, D2, D3, In, HbA1c, ft3, ft4, TPOab, hsCRP, TG, CH, LDL, VLDL, HDL



SLEEP BALANCE

- **Urine Diurnal Hormones (UDH) I Profile:** Dried Urine: Free Cortisol x 4, Free Cortisone x 4, Crtn
- **UDH II Profile:** Dried Urine: Free Cortisol x 4, Free Cortisone x 4, Melatonin (MT6s) x 4, Crtn
- **UDH III Profile:** Dried Urine: Free Cortisol x 4, Free Cortisone x 4, Melatonin (MT6s) x 4, NE x 4, Epi x 4, Crtn



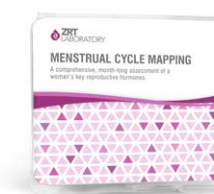
HEAVY METALS & ESSENTIAL ELEMENTS

- **Iodine Panel** I, Crtn
- **Toxic & Essential Elements - Urine Profile** I, Br, Se, Li, As, Cd, Hg, Crtn
- **Toxic & Essential Elements - Blood Profile** Zn, Cu, Mg, Se, Cd, Hg
- **Comprehensive Toxic & Essential Elements Profile** Blood Spot: Zn, Cu, Mg, Se, Cd, Hg
Dried Urine: I, Br, Se, Li, As, Cd, Hg, Crtn
- **Elite Thyroid Profile** T4, Tgbn, TSH, ft3, ft4, TPO



URINE METABOLITES

- **Estrogen Essential Profile:** Dried Urine: Estrogens (12), Crtn
- **Sex Steroid Metabolites Profile:** Dried Urine: Estrogens (13), Progesterones (7), Androgens (8), Glucocorticoids (4), Crtn
- **Sex Steroid Metabolites + UDH II Profile**



MENSTRUAL CYCLE MAPPING

- Dried Urine: E1G, PDG, LH, Crtn



ADRENAL STRESS

- Saliva: DS, Cx4



CORTISOL AWAKENING RESPONSE

- Saliva: DS, Cx6

About ZRT Laboratory Test Kits

Our all-inclusive test kits are simple and convenient for both patients and providers. All kits (except serum) are designed for private sample collection at home, at the optimal time.

Orders can be placed online at www.myZRT.com or by phone at 866.600.1636 or +1.503.466.2445.

Directory of Tests

Saliva, blood spot and dried urine are used for the minimally invasive hormone testing that is the hallmark of ZRT Laboratory. The simplicity of sample collection and stability of samples in storage and transport have made these ideal for clinical use as well as research. Serum testing is now also available for some tests. See the table for a list of all our tests and assay methods used.

TESTS	CPT CODE	SALIVA	BLOOD SPOT	SERUM	DRIED URINE
Steroid Hormone Testing					
Estradiol (E2)**	82670	EIA*/LCMS	LCMS*	LIA*	GCMS
2-OH E2, 4-OH E2, 2-MeO E2, 4-MeO E2	82670				GCMS
Estrinol (E3)	82677	LCMS*			GCMS
Estrone (E1)	82679	LCMS*			GCMS
2-OH E1, 4-OH E1, 16α-OH E1, 2-MeO E1, 4-MeO E1	82679				GCMS
Estrone-3-Glucuronide (E1G)	82679				EIA
Pregnenolone sulfate (PregS)	84140	LCMS			
Progesterone (Pg)**	84144	EIA*/LCMS	LCMS*	LIA*	
Pregnanediol (Pgdiol), Allopregnanediol (AlloPd)	84135				GCMS
Pregnanediol-3-Glucuronide (PDG)	84135				EIA
Allopregnanolone (AlloP)	84140	LCMS			GCMS
17-OH Progesterone (17OHPg)	83498	LCMS			
3α-dihydroprogesterone (3αHP)	84144				GCMS
20α-dihydroprogesterone (20α-HP)	83498				GCMS
Deoxycorticosterone (DOC)	82633				GCMS
Androstenedione (Adione)	82157	LCMS			GCMS
Testosterone (T)**	84402	LIA*/LCMS			
Testosterone (T)**	84403		LCMS*	LIA*	GCMS
Epi-testosterone (Epi-T)	82542				GCMS
5α-dihydrotestosterone (5α-DHT)	82642	LCMS			GCMS
DHEA (D)	82626	LCMS			GCMS
DHEA-S (DS)	82627	EIA*/LCMS	LCMS*	LIA*	
7-Keto DHEA (7keto)	82542	LCMS			
Etiocolanone (Etio)	82696				GCMS
Androsterone (Andro)	82160				GCMS
5α,3α-Androstanediol (5α,3α)	82154				GCMS
11-Deoxycortisol (11DC)	82634	LCMS			
Cortisol (C)**	82530	EIA*/LCMS			
Cortisol (C)**	82533		LCMS*	LIA*	
Free Cortisol (FC)	82530				LCMS
Total Cortisol (TC)	82533				GCMS
Cortisone (Cn)	82530	LCMS			
Free Cortisone (FCn)	82530				LCMS
Total Cortisone (TCn)	82533				GCMS
Tetrahydrocortisol (ThC), Tetrahydrocortisone (ThCn)	83491				GCMS
Corticosterone (Ccn)	82528	LCMS			GCMS
Aldosterone (Ald)	82088	LCMS			
Hormone-Related Testing					
Bisphenol A (BPA)	82542				GCMS
Ethinyl estradiol (EE)	82670	LCMS			
Melatonin (Mel)	82542	LCMS			
Melatonin (MT6s)	82542				LCMS
Sex hormone binding globulin (SHBG)	84270		LIA*	LIA*	
Prostate-Specific Antigen (PSA)	84153		LIA*	LIA*	
Anastrozole (ANZ)	82542	LCMS			
Finasteride (FIN)	82542	LCMS			
Letrozole (LTZ)	82542	LCMS			
IGF-1 (Somatomedin C)	84305		LIA*	LIA*	

TESTS	CPT Code	SALIVA	BLOOD SPOT	SERUM	DRIED URINE
Luteinizing Hormone (LH)	83002		LIA*	LIA*	EIA
Follicle-Stimulating Hormone (FSH)	83001		LIA*	LIA*	
Vitamin D (25-OH D2/25-OH D3)	82306		LCMS*		
Ferritin (FER)	82728			LIA*	
Thyroid Testing					
Free Thyroxine (fT4)	84439		EIA*	LIA*	
Free Triiodothyronine (fT3)	84481		EIA*	LIA*	
Thyroglobulin (TG)	84432		LIA*		
Thyroid-Stimulating Hormone (TSH)	84443		LIA*	LIA*	
Thyroid Peroxidase Antibodies (TPOab)	86376		EIA*	LIA*	
Thyroxine (T4), total	84436		TRFIA*		
Cardiometabolic Testing					
Cholesterol (CH), total	82465		Enzymatic		
HDL Cholesterol (HDL)	83718		Enzymatic		
Hemoglobin A1c (HbA1c)	83036		ITA*		
High-Sensitivity C-Reactive Protein (hsCRP)	86141		EIA*		
Insulin (Ins), fasting	83525		EIA*		
Triglycerides (TG)	84478		Enzymatic*		
Neurotransmitter Testing					
5-Hydroxyindoleacetic acid (5-HIAA)	83497				LCMS
Dopamine (DA), DOPAC	82384				LCMS
Norepinephrine (NE), Epinephrine (Epi)	82384				LCMS
GABA, Glutamate (Glu), Glycine (Gly)	82139				LCMS
Tryptophan, Kynurenine, 3-Hydroxykynurenine	82139				LCMS
Taurine (Tau), Glutamine (Gln), Histidine (His)	82139				LCMS
Phenethylamine (PEA), N-Methylhistamine, Tyramine	82542				LCMS
Histamine (Hist)	83088				LCMS
Kynurenic acid (KynAC), Xanthurenic acid (Xanth)	83921				LCMS
Homovanillic acid (HVA)	83150				LCMS
Normetanephrine (NMN)	83835				LCMS
Serotonin (5-HT)	84260				LCMS
Tyrosine (Tyr)	84510				LCMS
Vanillylmandelic acid (VMA)	84585				LCMS
Creatinine (Crtn)	82570				LCMS
Heavy Metals & Essential Elements Testing					
Arsenic (As)	82175				ICPMS
Bromine (Br)	84311				ICPMS
Cadmium (Cd)	82300		ICPMS		ICPMS
Copper (Cu)	82525		ICPMS		
Iodine (I)	84311				ICPMS*
Lead (Pb)***	83655		ICPMS		
Lithium (Li)	80178				ICPMS
Magnesium (Mg)	83735		ICPMS		
Mercury (Hg)	83825		ICPMS		ICPMS
Selenium (Se)	84255		ICPMS		ICPMS
Zinc (Zn)	84630		ICPMS		
Adjunct to Urine Testing					
Creatinine (Crtn)	82570				Colorimetric

The American Medical Association's Current Procedural Terminology (CPT®) codes are provided for informational purposes only to assist with billing. ZRT assumes no responsibility for billing errors due to reliance on the published CPT codes.

***Available as a single or add-on test**

****Tested in saliva, blood spot and serum. Saliva measures free (bioavailable) levels; blood spot and serum measure total (free plus protein-bound)**



General Information



Contact Info

Telephone: 503.466.2445
Toll-free: 1.866.600.1636
Fax: 503.466.1636
Email: info@zrtlab.com
Website: www.zrtlab.com



Mailing Address

ZRT Laboratory
8605 SW Creekside Place
Beaverton, OR 97008

CPT Codes

The American Medical Association's Current Procedural Terminology (CPT®) codes in ZRT Laboratory's Directory of Tests are provided for informational purposes only. CPT codes are provided only as a guide to assist providers with billing. ZRT recommends that clients confirm CPT codes with their Medicare administrative contractor, as requirements may differ. CPT coding is the sole responsibility of the billing party. ZRT assumes no responsibility for billing errors due to reliance on the published CPT codes.

Health Insurance Portability and Accountability Act (HIPAA)

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