



Saliva + Dried Urine Neurotransmitter Test Kit

# Saliva + Dried Urine Collection Instructions

Review at least **1-week prior** to collection.

Available online at [www.zrtlab.com](http://www.zrtlab.com)



Click here to view the collection video  
or visit [www.zrtlab.com/collection-videos](http://www.zrtlab.com/collection-videos)

# Section 1: Identify Your Panel

Start by identifying your panel(s). Use the SKU codes on your requisition form to match your selected panel(s) in the list below. **Collection steps may vary by panel.**

**Tip:** When selecting panels, review combination options to see if they include your individual tests for broader insight.

## Saliva Panels

**S-101** Cortisol: C

**S-120** 4-Point Cortisol: C(x4)

**S-121** Adrenal Stress: DHEAS, C(x4)

**S-123** LCMS Hormones 3: E2, Pg, T

**S-124** LCMS Hormones 5: E2, Pg, T, DS, C

**S-125** LCMS Hormones 7: E2, E3, E1, Pg, T, DS, C

**S-126** LCMS Hormones 17

E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald

**S-127** LCMS Hormones 23

E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ

**S-140** LCMS Hormones 3 with 4-Point Cortisol: E2, Pg, T, C(x4)

**S-141** LCMS Hormones 5 with 4-Point Cortisol: E2, Pg, T, DS, C(x4)

**S-142** LCMS Hormones 7 with 4-Point Cortisol: E2, E3, E1, Pg, T, DS, C(x4)

**S-143** LCMS Hormones 17 with 4-Point Cortisol

E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, Cn, Ccn, Ald, C(x4)

**S-144** LCMS Hormones 23 with 4-Point Cortisol

E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ, C(x4)

# Section 1: Identify Your Panel

## Dried Urine Panels

### **U-321 LCMS Diurnal Hormones I**

FC(x4), FCn(x4), MT6s(x4), Crtn(x4)

### **U-322 LCMS Diurnal Hormones II**

FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4), Crtn(x4)

### **U-325 LCMS Neurotransmitters**

Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn

### **U-342 LCMS Neurotransmitters and Diurnal Hormones I**

Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

### **U-343 LCMS Neurotransmitters and Diurnal Hormones II**

Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE(x5), NMN, Epi(x5), VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

## Saliva + Dried Urine Panels

### **SU-843 Saliva 4-Point Cortisol + Dried Urine LCMS Neurotransmitters**

Saliva: C(x4)

Dried Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn

### **SU-840 Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters**

Saliva: E2, E3, E1, Pg, T, DS, C

Dried Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn

### **SU-841 Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters and Diurnal Hormones I**

Saliva: E2, E3, E1, Pg, T, DS, C

Dried Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

## Section 1: Identify Your Panel

### Saliva + Dried Urine Panels

#### **SSU-842 Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters and Diurnal Hormones II**

Saliva: E2, E3, E1, Pg, T, DS, C

Dried Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE(x5), NMN, Epi(x5), VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)

#### **SU-844 Saliva LCMS Hormones 7 with 4-Point Cortisol + Dried Urine LCMS Neurotransmitters**

Saliva: E2, E3, E1, Pg, T, DS, C(x4)

Dried Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn

## Section 2: Choose Your Collection Day

Sample collection day should be chosen based on the guidelines below. It is not required to collect saliva and urine samples on the same day.

### Before You Begin

Read all instructions thoroughly and decide the ideal day to collect. Mark it on your calendar. List all current medications on test requisition.

**!** Failure to follow instructions may compromise lab results or interpretation.

### Men, Children, & Non-Menstruating Women

*Hormone Users See Section 3*

Collect any day of the month.

### Menstruating Women

**Avoid collecting when blood could be in your urine.**

If collecting Saliva LCMS 7, collect according to the following schedule:

- **Regular Cycles:** Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period.)
- **Irregular Cycles:** If you know when your period will start, choose 5 days before.
- **Unpredictable Cycles:** Collect any non-bleeding day.

**All other tests:** Collect on any non-bleeding day.

# Section 3: Hormone Users *Skip if not using hormones*

**Write all hormones used on your requisition.** Failure to do so may result in incorrect reference ranges and commentary.

**!** Do NOT stop hormone usage – continue as prescribed.

**Avoid contamination:** Change sheets, pillowcases, and towels the night before collection; avoid touching bathroom surfaces that may contain hormone residue.

## Topical & Oral

The day before testing, continue use of hormones as prescribed. Make sure any night dosage is applied at least 12 hours before planned morning collection. For example, dose before 8pm for an 8am collection. If using oral progesterone, your dosage can be right before bed.

Do **NOT** use bare hands for topical hormone application for at least two days prior to collection (apply hormones with gloves or applicator). Avoid using hormones on the face, lips and neck.

## Troches or Sublingual Therapies

Not recommended; talk to your health care provider about blood spot testing.

## Patches, Vaginal Rings, Pellets or Injectables

Test half-way between doses. For example, collect 3 days after a once-a-week patch or 2 weeks after a once-a-month injection.

## 7-Keto DHEA

Avoid for 3 days prior to collecting. Does not apply to regular DHEA.

## Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)

Talk to your health care provider about appropriate timing.

# Section 4: Collection Timing

To ensure **accurate** results, begin preparing for your collection according to the timeline below.

## 3 Days Prior to Testing

Avoid anti-aging/anti-wrinkle facial creams and biotin/vitamin B7 (hair and nail formulas).

## 1 Day Prior to Testing

**The day before and the day of testing, ZRT recommends avoiding bananas, pineapple, nuts and nut butters, alcohol and nicotine, protein powders and protein shakes.**

## Day of Collection

**Saliva:** Do not eat, drink (except water) or brush your teeth prior to your first collection of the day and for the 2 hours prior to collecting throughout the day.

**Urine:** Refrain from drinking more than 8 oz water in the hour before each dried urine strip collection to allow your urine to concentrate.

Don't eat, drink anything but water, take vitamins or supplements, or take medications (except as advised by your health care provider) until after the second urine collection. Continue to avoid the foods specified in the entire collection day.

## Collection Timetable

Confirm your panels before following below table.

Sample Type	10mL Tube Upon Waking	5mL Tube Before Lunch	5mL Tube Before Dinner	5mL Tube Before Bed
Saliva	●	●	●	●
Dried Urine	Strip #1 Upon Waking	Strip #2 2hrs After Waking	Strip #3 Before Dinner	Strip #4 Before Bed

# Section 5: How to Collect Urine



## STEP 1

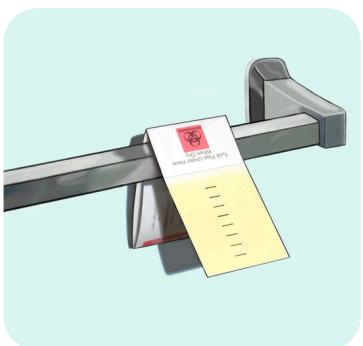
### At each collection time:

- Remove a collection card from the baggie.
- Write your name, the date and time of collection on the card prior to collecting the sample.



## STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



## STEP 3

Hang or tape the collection card in a secure place to dry\* – like over a towel rack. Make sure that the urine-saturated filter paper does not touch anything.

**\*Note:** Do not leave dry samples out of bag for more than 24hrs.



## STEP 4

Allow to dry completely for at least **6 hours.\*** Once dry, refold the collection card and place sample back into the baggie and seal. Repeat steps 1-4 for each collection.

**\*Note** that samples MUST be completely dry before being placed in the kit box for shipping. Failure to ensure that samples are dry may result in the need for sample recollection.

# Section 5: How to Collect Saliva



## STEP 1

Begin collecting your first saliva sample into the large 10mL tube **within 30 minutes** of waking for the day.

- Wash hands with soap and water.
- Use a clean towel to dry hands.
- Rinse your mouth with water.
- **Wait 5 minutes** before beginning collection.

**Tip:** Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



## STEP 2

Allow saliva to pool in mouth, then transfer to tube. **Fill tube at least half full, not including bubbles.** Collection usually takes 15-30 minutes depending on saliva flow. When done, securely screw cap onto tube.

**Tip:** Gently tap the tube on a hard surface to help eliminate any bubbles filling up the tube.

## STEP 3

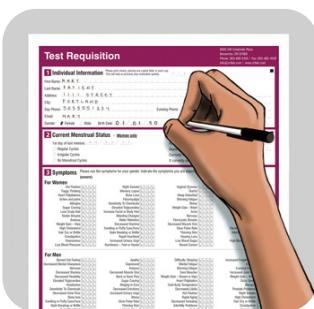
Write your **name**, the **date**, and **time of collection** on the tube label. Return the tube to the bag.



## STEP 4

Repeat this process for any other collection times using the smaller 5mL tubes provided (if applicable). **Do not** eat, drink (except water) or brush teeth at least 2 hours prior to collections.

# Section 6: Finish & Send



## STEP 1

**Complete all paperwork.** Failure to fill out your requisition form fully may cause delays, sample rejections, or inaccurate report.



## STEP 2

Place the **sample(s)**, the **Test Requisition form** and any **additional paperwork** back into the plastic test kit box. Make sure to include payment (if applicable). Snap test kit lid shut.



## STEP 3

**Place the entire test kit box inside the return packaging.** Affix the prepaid label or postage if applicable. Return using the appropriate carrier. Failure to ensure that samples are dry may result in the need for sample recollection.

## Important Notes

*\*Do not leave dry urine samples out of bag for more than 24 hrs*

- **Mistake collecting saliva?** Rinse your tubes out with hot water (no soap), shake out remaining water, and air dry. Restart your collection at the appropriate time.
- Each saliva sample must fill the tube at least halfway, not including bubbles.
- **Freeze any saliva samples not being shipped within 24 hours.** Samples will remain stable under average shipping conditions, including over weekends and holidays.
- Urine samples that are wet, unsealed, too dilute (from excess fluid intake before collection), or more than 30 days old will not be processed, replaced, or refunded.
- **What if I miss a urine collection?** If you miss a collection time, collect the sample at the same time the next day (for example, collect an evening sample the following evening). Update the requisition form and the time on the card. Allow to dry completely for at least 6 hours.\* Once dry, refold the card, return it to the baggie, seal, and repeat steps 1–4 for each collection.