



Saliva + Blood Spot Hormone Test Kit

Saliva + Blood Spot Collection Instructions

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

Available online at www.zrtlab.com



Click here to view the collection video
or visit **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-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)

Blood Spot Panels

B-220 Thyroids: TSH, FT3, FT4, TPOab, Tgbn, TT4

B-221 Lipids: TG, CH, HDL, LDL, VLDL

B-222 CardioMetabolic: HbA1c, TG, CH, HDL, LDL, VLDL, IN, hsCRP

Section 1: Identify Your Panel

Blood Spot Panels

B-223 LCMS Vitamin D: D2, D3

B-224 ICPMS Toxic and Essential Elements: Zn, Cu, Mg, Se, Cd, Hg

B-240 LCMS Hormones 3 with SHBG: E2, Pg, T, SHBG

B-241 LCMS Hormones 5 with SHBG: E2, Pg, T, DS, C, SHBG

B-242 LCMS Hormones 7 with SHBG: E2, E3, E1, Pg, T, DS, C, SHBG

B-243 LCMS Hormones 7 with SHBG and Thyroids

E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4

B-204 Luteinizing Hormone and Follicle-Stimulating Hormone: LH, FSH

B-201 Sex Hormone Binding Globulin: SHBG

B-202 Prostate-Specific Antigen: PSA

B-203 Thyroid-Stimulating Hormone: TSH

B-207 Insulin, Fasting: IN

B-206 High-Sensitivity C-Reactive Protein: hsCRP

B-208 Hemoglobin A1c: HbA1c

B-205 Anti-Müllerian Hormone: AMH

Saliva + Blood Spot Panels

SB-640 Saliva 4-Point Cortisol + Blood Spot Thyroids

Saliva: C(x4) | Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

SB-641 Saliva 4-Point Cortisol + Blood Spot CardioMetabolic

Saliva: C(x4) | Blood Spot: IN, HbA1c, HDL, TG, CH, hsCRP

SB-642 Saliva 4-Point Cortisol + Blood Spot Thyroids and CardioMetabolic

Saliva: C(x4) | Blood Spot: TSH, FT3, FT4, TPOab, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4

SB-643 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG

Saliva: C(x4) | Blood Spot: E2, E3, E1, Pg, T, DS, C, SHBG

SB-644 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and Thyroids

Saliva: C(x4) | Blood Spot: E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4

Section 1: Identify Your Panel

Saliva + Blood Spot Panels

SB-645 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and CardioMetabolic

Saliva: C(x4) | Blood Spot: E2, E3, EI, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab, Tgbn, TT4

SB-646 Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG, Thyroids and CardioMetabolic

Saliva: C(x4) | Blood Spot: E2, E3, EI, Pg, T, DS, C, SHBG, IN, HbA1c, HDL, TG, CH, hsCRP

SB-647 Saliva LCMS Hormones 7 + Blood Spot Thyroids

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

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

SB-648 Saliva LCMS Hormones 7 + Blood Spot CardioMetabolic

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

Blood Spot: IN, HbA1c, HDL, TG, CH, hsCRP

SB-649 Saliva LCMS Hormones 7 + Blood Spot Thyroids and CardioMetabolic

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

Blood Spot: TSH, FT3, FT4, TPOab, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4

SB-650 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids

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

Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4

SB-651 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot CardioMetabolic

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

Blood Spot: IN, HbA1c, HDL, TG, CH, hsCRP

SB-652 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids and CardioMetabolic

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

Blood Spot: TSH, FT3, FT4, TPOab, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4

SB-653 Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids, CardioMetabolic, and LCMS Vitamin D

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

Blood Spot: TSH, FT3, FT4, TPOab, D2, D3, IN, Tgbn, HbA1c, HDL, TG, CH, hsCRP, TT4

Section 2: Choose Your Collection 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

- If testing FSH for fertility reasons, collect on day 3 of menstrual cycle.
- If testing Estradiol (E2), Progesterone (Pg) or Testosterone (T):
 - **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.
- For all other tests, you can collect on any day of the month.

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 for saliva hormone testing. For blood spot testing, follow guidelines for Topical & Oral above. Troche or sublingual therapy users can collect 6–10 hours after last dosage if testing blood spot.

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: Prepare for Collection

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).

Day of Collection

If you are testing CardioMetabolic Panel tests (e.g. insulin, triglycerides) ZRT recommends fasting (no food or drink other than water) 10–12 hours overnight before collecting in the morning.

Collection Timetable

Confirm your panel before following below table.

| Sample Type | Upon Waking | Before Lunch | Before Dinner | Before Bed |
|-------------|-------------|--------------|---------------|------------|
| Blood Spot | 💧 | X | X | X |
| Saliva | 💧 | 💧 | 💧 | 💧 |

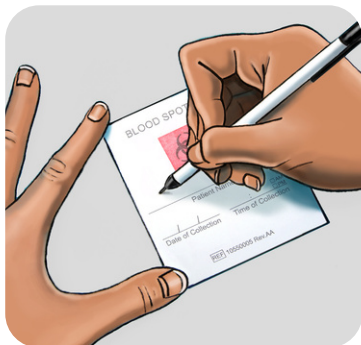
! Important

Samples that do not meet criteria below may not be usable for testing. Each blood spot must:

- Soak through the collection card so that blood shows through on the back.
- Be spherical and fill as much of the circle as possible.
- Contain one drop per circle, no overlapping.



Section 5: How to Collect Blood

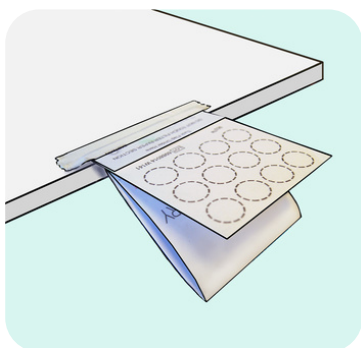


STEP 1

Collect blood sample within **1 hour** of waking.

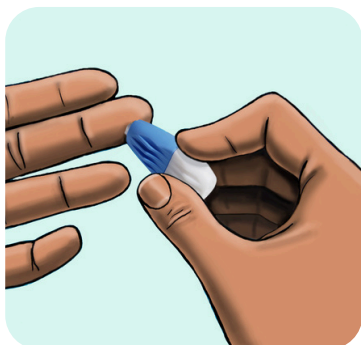
- Write your name, the date and time of collection on the card prior to washing hands.
- Wash hands with soap and water.
- Use a clean towel to dry hands.
- Make sure hands are warm and circulation is going.

Tip: To encourage blood flow before nicking finger, rub hands together/swing arm and/or run hand under warm water.



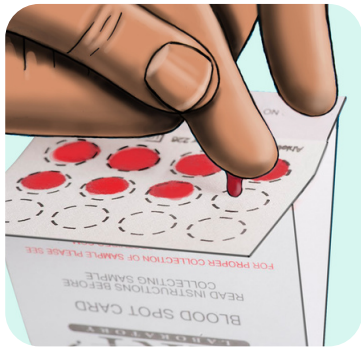
STEP 2

Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Tape card to a flat surface like a table, below heart at about waist level. Open the alcohol prep pad and sterile gauze. Select finger. Middle or ring finger of non-dominant hand is recommended.



STEP 3

Wipe finger with alcohol prep pad and allow to air dry. Twist cap off lancet and press small white section firmly against the side of finger pad until lancet clicks. Wipe away the first blood drop with gauze.



STEP 4

Position finger over circle of blood spot card and gently milk (don't squeeze) blood from the finger. Collect so that your hand is below your waist, allowing gravity to assist with blood flow.

Tip: Squeeze arm from elbow to base of finger.

STEP 5

As blood drop forms and is ready to fall, touch the drop onto the center of the circle (one drop per circle). Continue collection, preferably until all circles have been filled – but it is more important to have several good sized spots than to fill all the circles. When finished, apply bandage.

STEP 6

Leave blood spot card open to dry – minimum 4 hours. Once sample is dry, close cover. Store card in a cool, dry location away from direct sunlight until it is shipped.

Section 5: How to Collect Saliva

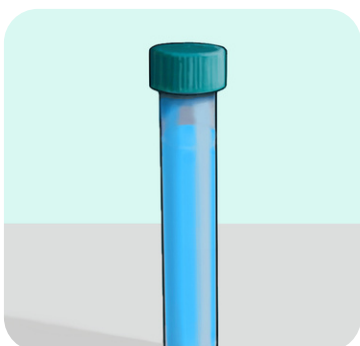


STEP 1

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.

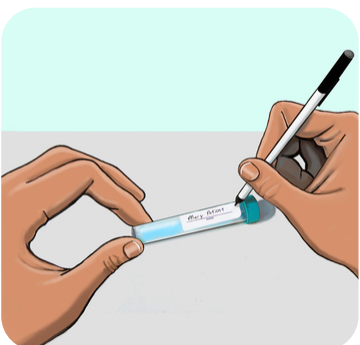
Tip: Smelling food, yawning or pressing the tip of your tongue against your teeth can all help with saliva flow.



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.



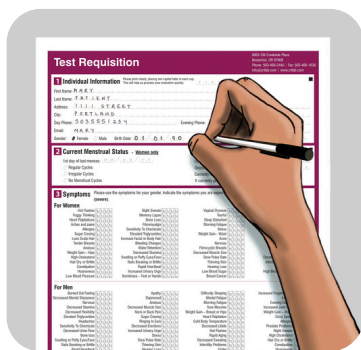
STEP 3

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

- **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 samples not being shipped within 24 hours.** Samples will remain stable under average shipping conditions, including over weekends and holidays.