

# Test kit: Women's hormones

ORY ANALYSIS – SALVIA TEST

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## Messenger substances that regulate body processes

The human hormone system is a sensitive structure. It regulates and controls many different bodily functions, working non-stop like a fine clockwork. For example, when we start the day powerfully or find peace at night, when we digest or fall in love. If this system is out of balance, we feel weak, powerless, restless or tense. We quickly notice that something is wrong and often an organic cause is not

identifiable. The salivary hormone test is then a simple and quick method to get to the bottom of this imbalance.

### When hormone levels are out of whack

Hormonal imbalance can manifest itself in various ways: an irregular menstrual cycle, pronounced complaints in the transition to menopause or an unfulfilled desire to have children can be indications of this - but also general malaise without an identifiable cause, sleep disorders and states of exhaustion.

Steroid hormones are almost entirely bound to binding proteins in the blood; only about 5% are present in free and biologically relevant form. This free fraction serves as the basis for the hormone saliva test. It reflects the current hormone activity. The saliva test is therefore a snapshot of the actual available hormone concentration.

**What is examined:** cortisol, DHEA, progesterone, testosterone, estradiol

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## TEST INSTRUCTION



### CHECK

- Request form + instructions for performing
- 2 sample tubes + 1 large transport tube
- Postage box + adhesive tape for secure sealing

*Please indicate the intake of hormone-containing drugs in the request form*



### REQUIREMENTS

*The collection should take place in the 2nd half of the cycle (on 22. Day +/- 2 days)*

- abstain from hormone-containing foods such as meat, dairy products, cucumbers or soy
- 24 hours before the sample collection should be consumed neither alcohol, nicotine nor chocolate
- avoid sexual contact 24 hours before the sample collection
- Dental bleeding can falsify the result



### TEST INSTRUCTIONS

- The sample collection takes place in the morning soberly
- Rinse your mouth with fresh water before cleaning your teeth before each sample collection
- Collect sufficient saliva in the oral cavity
- Bring the tube with the red cap directly to your mouth and fill it to at least half (3 ml on the scale)
- Repeat the procedure until the required amount of saliva has been collected, then, 30 minutes later, fill the tube with the white cap in the same way until the samples are shipped.



### PACKING AND SHIPPING

Please put the sample tubes into the transport tubes and together with the completed request form into the shipping bag and bring it to the mailbox or post office. Shipping envelope does not need to be stamped.

*Important Note: Please do not ship on Friday or before holidays!*



*Done! You will receive an email when your results are in.*

*"Health is not everything, but without health everything is nothing!"*

Arthur Schopenhauer



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