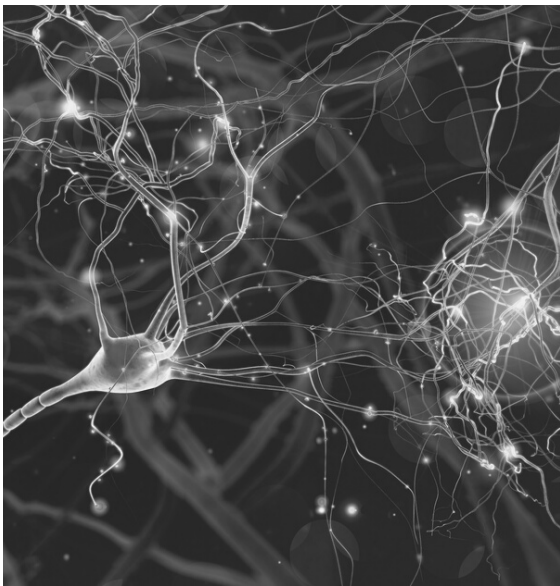


Test kit: Metabolome

ORY ANALYSIS – URINE TEST



New paths to future-oriented laboratory diagnostics

In addition to the classic diagnostic approaches for stress- or anxiety-related diseases by determining the cortisol level, there are now modern new methods which include various aspects. In addition to catecholamines and neurotransmitters, much attention is also paid to important influencing factors which have a direct or indirect influence on the metabolic processes taking place.

Influence of anxiety and stress

Persistent anxiety leads to stress and thus to a release of cortisol, which stresses the body. The body cannot use the sudden supply of energy, but must process it differently, for example by releasing more insulin. Under prolonged stress, other cortisol effects also cause problems. Rising blood pressure and elevated blood sugar levels are examples, as are digestive disorders and inhibition of the cellular immune response. This makes people more susceptible to infections. In addition, stress hormone production in the adrenal cortex becomes depleted. Sufferers become tired, listless, and everyday tasks represent a great effort.

The catecholamines adrenaline, noradrenaline and dopamine are also released within seconds of a stressful event. and lead to an increase in pulse rate, blood pressure and mental activity. But these neurotransmitters also inhibit cellular immune defenses and have a lasting stressful effect on the organism.

TEST INSTRUCTION



CHECK

- Requirement sheet + instructions for performance
- 1 urine tube with stabilizer
- 1 transfer pipette
- 1 transport tube
- Shipping box + adhesive tape for secure sealing



REQUIREMENTS

- do not eat fish and seafood 2 days before the start of the test
- do not consume bananas, cheese, almonds, nuts, green or black tea, vanilla or vanilla-containing products, cocoa, alcohol, coffee or caffeinated drinks, energy drinks, nicotine the night before
- do not exercise in the morning and remain fasting until urine is collected
- water and fruit tea are allowed



TEST INSTRUCTIONS

- for the test the **second morning urine** is needed (the first morning urine is the urine after getting up, the second morning urine is collected at least 2-4 hours later in the morning - not before!)
- Please use **midstream urine** (Urine is obtained without interrupting urination by having the patient hold the collection cup in the urine stream. This should be filled about halfway). The first and last part of the urine is not collected.
- Using the enclosed pipette, fill the centrifuge tube to the mark at the top, about 5mm below the closed lid... Please make sure that the stabilizer substance (small filter) remains in the tube.
- Then swirl the tube briefly (do not shake).
- The tube does not need to be labeled, as it is already provided with a barcode containing your data.



PACKING AND SHIPPING

Please put the urine tube into the transport tube and this 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 have postage added.

Important note: Please do not send 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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