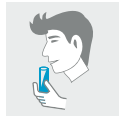


Collection Procedure



Step 1:

Rinse mouth with water and wash your hands about ten minutes prior to collection.



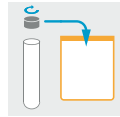
Step 2:

Begin collecting saliva by first allowing saliva to pool in your mouth. Then spit into the tube. Use of the included straws to funnel saliva into each tube is optional (dispose of straws before shipping).



Step 3:

Fill tube at least $\frac{3}{4}$ full of saliva. Allow any froth to settle before finishing. Froth or foam are okay. Collection usually takes 5-30 minutes, depending on saliva production.



Step 4:

When done, securely snap saliva tube closed and place a piece of tape over the lid to keep it secure then place it back into the polythene bag.



Step 5:

Record name, date of birth, date of collection and all collection times on the front of the polythene bag containing your plastic tubes and on your Personal Information Form.



Step 6:

Place the closed plastic tube in the freezer immediately. Freeze all your samples for at least 4-6 hours (and keep them frozen until you are ready to ship).



Step 7:

Repeat steps 1-6 for noon, evening, and night collections.

Shipping Preparation

When to schedule your shipment

- Please ship your samples as soon as possible. If you cannot ship your samples the same day you finish your collection, such as over a weekend or holiday, leave plastic tubes in the freezer until you are ready to ship. **DO NOT** store for more than three days.

When you are ready to ship

- Ensure that you have provided the following information:
 - Polythene bag containing your samples: make sure that you have filled out all information on the front of the bag.
 - Personal Information Form: make sure the form is completed.
 - Pro-forma/Commercial Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the polythene bag containing your samples along with the frozen gel freezer pack into the insulated cooler and closed the lid. Place the insulated cooler into the supplied box along with your completed Personal Information Form.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Nygade 6, 3.sal . 1164 Copenhagen K . Denmark . Tlf: +45 33 75 10 00

info@nordic-labs.com . www.nordic-labs.com

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Comprehensive Hormone Profile - Saliva

ENG

Welcome To Your Test Kit

You have chosen to do an Comprehensive Hormone Profile - Saliva Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Insulated cooler box with lid (**please keep this box for returning your samples**)
- 1 x Small gel freezer pack
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 4 x Small plastic tubes in a polythene bag with an absorbent pad
- 4 x Straws

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu

Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

This test should be collected over the course of **ONE DAY**. Starting upon waking and finishing just before bed. If an error is made during collection, simply rinse out the entire tube with hot water (no soap), shake out remaining water, and start again.

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Polythene bag containing plastic tubes: fill in your details on the front of the bag, ensuring that you note the time and date of each collection.

Prior to collection

- **Do not** use bare hands for topical hormone application for at least two days prior to sample collection.
- **Do not** apply hormones to face or neck for at least two days prior to collection.
- It is also highly recommended that all surfaces you come in contact with, such as worktops, door handles, taps, towels etc. are clean and free of hormone residue.
- If testing melatonin: please avoid all nuts, fruits, fruit juice, wine, rice and coffee for 2 days prior to collection, as these foods are known to contain melatonin and could affect your results.
- Freeze the gel freezer pack prior to starting your collection. Keep it in the freezer until you are ready to ship.
- Read all instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.

MORNING (collect into the pink tube)	Collect before breakfast in the PINK TUBE (AM 30) Collect 30 minutes after waking (set a timer)
MIDDAY (collect into the green tube)	Collect before lunch in the GREEN TUBE (NOON)
AFTERNOON (collect into the orange tube)	Collect before dinner in the ORANGE TUBE (EVENING)
LATE EVENING (collect into the blue tube)	Collect right before bedtime in the BLUE TUBE (NIGHT) Preferably at least one hour after dinner

Day of Saliva Collection

First saliva sample must be collected 30 minutes after waking. Set a timer if necessary, as timing for the first saliva is crucial.

- **Do not** take any supplements until after you have collected all four samples.
- **Do not** consume food or drinks that contain caffeine.
- **Do not** eat or drink anything before your first saliva collection (up to 8oz, 227ml of water is okay). Avoid eating one hour prior to each saliva collection.
- **Do not** brush, floss, or have dental work done for 30 minutes prior to each saliva collection.
- Wash hands and rinse mouth with water but wait 10 minutes to collect your saliva sample (to avoid dilution).
- Use of cosmetics, other than “anti-aging” creams is permitted.

If you are taking hormones

(estrogen, progesterone, testosterone, melatonin and DHEA)

Topical Hormones	Last dose prior to saliva collection should be within a window of 12-24 hours before collecting your first sample.	Do not apply topical or use sublingual hormones throughout the entire day of saliva collection. This will contaminate your sample and your test results.
Sublingual Hormones or Troches (dissolve under the tongue)	Last dose prior to saliva collection should be within a window of 24-36 hours , followed by two full glasses of water to cleanse the tissues. Then collect your first sample.	
Oral Hormones (pills)	Should be used as prescribed on the day of collection	
Injections, Subcutaneous, Pellets and Transdermal Patches	Collect at the halfway point between doses.	

Cortisol/Glucocorticoid Supplementation

Consult with your practitioner for instruction if you are taking a cortisol supplement for adrenal support (or any other glucocorticoid for medical reasons). Note: certain medications, including hydrocortisone creams and asthma inhalers, contain cortisol. To evaluate your natural cortisol production, it is recommended to stop using cortisol-containing products five days to prior to sample collection. Consult with your practitioner prior to stopping cortisol-containing medication(s).

Melatonin Supplementation

If testing melatonin, last dose should be at least 36 hours before starting your first saliva sample.

When to schedule your collection

OTHER	DAY TO COLLECT
Women with menstrual cycles	Collect during 1 day of the mid-luteal phase (day 19-23 of a 28-day cycle) counting the first day of your period as day 1.
Post-menstrual women	Collect any day of the month. If you are taking hormones or are on cortisol supplementation, please read and follow the recommendations listed above.
Women who have had a hysterectomy	
Men not on hormones	
Neurotransmitter and adrenal function profiles only (cortisol, sIgA, and/or DHEA)	
Women w/ hormonal IUD (and no cycle)	

Tips for a successful sample collection

- If experiencing a dry mouth, try to stimulate saliva flow by pressing tip of tongue against teeth; smelling (not eating) a lemon or other food; or yawning.
- If an error is made during collection, simply rinse out the entire tube with hot water (no soap), shake out remaining water, and start again.