

## Please Note...

Results and information are for personal use only, are not intended to diagnose, cure, mitigate, treat, or prevent disease or other conditions, and are not intended to provide a determination or assessment of the state of health. Many factors influence hormone status and this product evaluates only three of these factors. Always consult with a licensed health care professional to interpret screen results and/or make health care decisions. This screen was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

## Shipping Instructions...

- ❖ Call Federal Express toll-free number, 800-463-3339 to return a package using Federal Express Billable Stamps. Kits must be sent Monday–Thursday only.
- ❖ Unfold the prepaid mailing envelope, print your name and address in the section marked “From”. DO NOT mark or write in any other sections.
- ❖ Keep your shipment number for future reference and tracking purposes.
- ❖ Not following the collection and shipping instructions may impact your test results.

*Important: Freeze your sample immediately after collection. If your sample was collected Thursday-Sunday, keep the sample frozen and mail the next Monday.*

*Due to current New York State regulations, we are unable to process samples from residents of New York or samples that are collected in New York.*

# BodyBalance

Phone: 888-891-3061 · Fax: 888-891-3061 · email: info@bodybalance.com · www.bodybalance.com

11 N. Market Street · Suite 104 · Asheville, North Carolina 28801-2929

BodyBalance is a division of Dr. Murray Natural Living, Inc.

c,in,perf,020108

## INSTRUCTIONS

# PerformanceCheck

SALIVARY HORMONE ANALYSIS FOR  
TESTOSTERONE, CORTISOL, & DHEA

## About This Wellness Screen...

PerformanceCheck is designed to monitor the intensity of your workout. A proper balance of testosterone, cortisol, and DHEA is the first advantage you'll want to have. Testosterone can be influential in cardiovascular function and helps build muscle size and strength. Cortisol affects how your body reacts to stress—physical exertion, in particular. DHEA helps your body develop lean muscle mass, and can strengthen your immune system and cardiovascular function. Imbalances can lead to muscle and joint pain, as well as an increase in tissue breakdown. These hormones are key in allowing your body to perform at its maximum potential.

PerformanceCheck is geared for people who exercise as well as for endurance and strength-training athletes, by measuring testosterone, DHEA, and cortisol levels in saliva.

PerformanceCheck can help determine whether hormonal imbalances are affecting the quality of your workouts. In your quest for optimal physical conditioning, you'll want every advantage possible.

### Why should I have my hormone levels screened?

Proper levels of testosterone and DHEA help to maintain normal function of systems that are necessary for optimal well-being and balance in a man's body. You and your healthcare provider may also use this information to monitor changes in hormone levels affected by the aging process.

### Does saliva provide an accurate measure of hormone levels?

Saliva screening is a simple, non-invasive way to determine your hormone levels. BodyBalance salivary screens provide a direct link to hormone levels without the inconvenience and expense of blood collection. Saliva results reveal the level of "unbound" hormones in the blood, those directly available to cells in your body.

**Be sure to follow instructions thoroughly and fill in the enclosed Hormone Screen Request Form completely before mailing. Insufficient saliva samples cannot be processed.**

## Kit Contents

- 1 Collection tube
- 1 Label
- 1 Biohazard bag with absorbent pad
- 1 Prepaid mailing envelope
- 1 Foam box with freezer gel pack
- 1 Return box (to be used for mailing sample to lab)
- 1 Hormone Screen Request Form (*must be completed and signed*)

## Your Questions Answered...

### *Why should I have my hormone levels screened?*

You may use this information to monitor changes in hormone levels due to aging. Proper levels of testosterone, DHEA, and cortisol allow for your body to function at optimal levels. These hormones contribute to giving you the best physiological advantage you can have.

### *Does saliva provide an accurate measure of hormone levels?*

Saliva screening is a simple, non-invasive way to determine your hormone levels. PerformanceCheck provides a direct link to hormone levels without the inconvenience and expense of blood collection. Saliva results reveal the level of "unbound" hormones in the blood, those directly available to cells in your body.

## Before You Start...

**Morning saliva sample should be collected between 7AM and 9AM. Plan to rise for the day between 6AM and 8AM. Collect sample one hour after rising.**

*To ensure the accuracy of your screen results, please observe the following:*

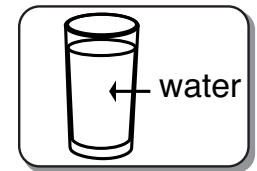
- ❖ One hour prior to your collection, do not eat, consume caffeine, brush your teeth, floss, use mouthwash, chew gum, or use any substances containing nicotine. You may only drink water during the hour prior to saliva collection.
- ❖ Be sure to fill the collection tubes until the liquid saliva level reaches the **3-ml** mark for each collection.
- ❖ Specimen must be received at the laboratory Monday-Friday. If specimen is collected on Thursday-Sunday, **keep sample frozen** and ship to the laboratory on Monday.

**Due to current New York State regulations, we are unable to process samples from residents of New York or samples that are collected in New York.**

## Saliva Collection...

# 1

Before beginning each collection, wash hands thoroughly with soap and water. Rinse your mouth with cold water. Spit out water completely. During collection, do not cough or clear your throat into the collection tube.



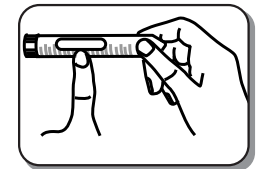
# 2

**Morning collection:** Using the collection tube provided, fill until the **liquid saliva level reaches the 3-ml mark**. To reduce a foamy saliva collection, tap the tube on a hard surface. **Insufficient saliva samples cannot be processed.**



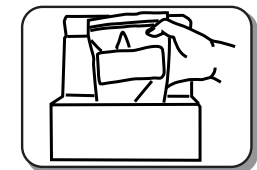
# 3

Make sure you replace the cap tightly to prevent leakage. Write your name & date of sample collection on the label provided. Place the label onto the tube and freeze tube immediately. Place Gel pack in freezer. Freeze the tube for a minimum of 2 hours before shipping. Keep sample frozen until ready to ship.



# 4

When ready to ship, place Gel pack into foam box first; then place tube on top of Gel pack. Place lid on foam box and secure the lid with a rubber band.



# 5

Place the foam box into the biohazard bag along with the **completed and signed Hormone Screen Request Form**. Enclose the biohazard bag in the return cardboard box provided. Place the box into the prepaid mailing envelope. *See shipping instructions on the reverse side.*

**Be sure to follow instructions thoroughly and fill in the enclosed Hormone Screen Request Form completely before mailing. Insufficient saliva samples cannot be processed.**