

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 one 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 samples immediately after collection. If your samples were collected Thursday-Sunday, keep the samples 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

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I N S T R U C T I O N S

SleepCheck

SALIVARY HORMONE ANALYSIS
FOR MELATONIN

About This Wellness Screen...

Melatonin plays a crucial role in regulating your body's natural hormonal rhythms. As a potent antioxidant, melatonin protects the body from a variety of cell damage. Low melatonin levels are linked to sleep difficulties. Melatonin supplementation may support overall well-being and body function.

Your Questions Answered...

Why should I have my melatonin levels screened?

Melatonin assists your body's ability to achieve restful sleep. Melatonin is secreted in greater amounts at night and less during the day, thus your tendency to become sleepier at night. You can use the information to monitor changes in melatonin levels affected by the aging process.

Why does BodyBalance use saliva instead of blood for the screen?

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.

Do I really have to collect a sample between 2:30 and 3:30 in the morning?

Yes, this collection allows measurement of the melatonin peak. While inconvenient, it is a clinically important measurement. Not collecting at this time will impact your screen results.

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...

- 2 Collection tubes
- 2 Labels
- 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*)

Before you start...

The 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. The second sample should be collected between 2:30AM and 3:30AM.

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

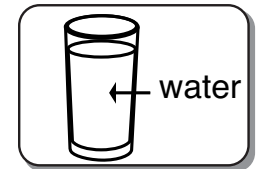
- ❖ On the day prior to collection, avoid the following foods: bananas, tomatoes, barley, oats, corn, rice, and ginger.
- ❖ One hour prior to each of your collections, do not eat, consume caffeine, brush your teeth, floss, use mouthwash, chew gum, or use any substances containing nicotine. You may only 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.
- ❖ Be sure to follow instructions thoroughly and fill in the Hormone Screen Request Form completely before mailing. Insufficient saliva samples cannot be processed.
- ❖ Specimens must be received at the laboratory Monday-Friday. If specimens are collected on Thursday-Sunday, **keep samples frozen** and ship to the laboratory on Monday.

IMPORTANT: Do not turn on a bright light when you wake for your final collection between 2:30AM-3:30AM. A bright light will cause your melatonin level to drop. Use the lowest light possible.

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Saliva Collection...

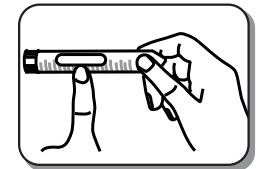
- 1** Before beginning each collection, wash hands thoroughly with soap and water. Rinse your mouth with cold water. Spit out water completely. During collection, do not cough or clear your throat into the collection tube.



- 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 and the date of sample collection on the label marked 8 AM. Place the label on the tube and freeze tube immediately. Place Gel pack in freezer.



- 4** **2:30AM-3:30AM collection:** Repeat the collection procedure described in Steps 1-2, using the other collection tube. Replace cap tightly on tube to prevent leakage. Write your name and the date of sample collection on the label marked 2:30AM-3:30AM. Place the label on the tube and freeze tube immediately. Freeze tube a minimum of 2 hours before shipping. Keep samples frozen until ready to ship.



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

- 6** 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.

