

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 two 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 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

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.

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

StressCheck

SALIVARY HORMONE ANALYSIS
FOR CORTISOL & DHEA

About This Wellness Screen...

StressCheck is an accurate and reliable way to monitor your DHEA and cortisol. Proper levels of these hormones are vital for maintaining both physical and emotional well-being.

DHEA and cortisol are released when your body becomes stressed and helps your system adapt. DHEA often stimulates brain tissue, helping to increase memory and regulate sleep, support proper circulation and boost the immune system. Cortisol is the hormone which "activates" the body when it is stressed. Cortisol affects your blood sugar metabolism, insulin, thyroid, and DHEA activity.

Your Questions Answered...

Why should I have my hormone levels screened?

Proper levels of DHEA and cortisol allow your body to function at the highest levels possible under stressful conditions. Though working somewhat against one another, DHEA and cortisol together help your body adapt to stressful situations. You and your healthcare provider may also use this information to monitor changes in hormone levels due to 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...

- 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...

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 at 12 Midnight.

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

- ❖ 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 enclosed 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.

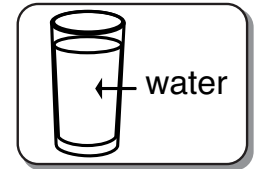
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Saliva Collection...

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.



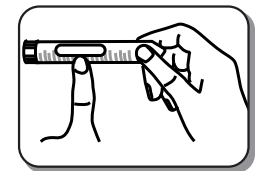
2

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 cap tightly to prevent leakage. Write your name and date you collected sample on the label marked 8AM and the Hormone Screen Request Form. Place label onto the tube and freeze immediately. Place Gel pack in freezer.



4

12 Midnight collection: Repeat the collection procedure described in Steps 1-2, using the other tube. Replace cap tightly on tube to prevent leakage. Write your name and the date you collected sample on the label marked 12 Midnight. Place the label onto the tube and freeze tube immediately. Freeze the tube for 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.

