

ADRENAL STRESS TEST

INSTRUCTIONS

Thank you for purchasing this test. We're delighted to join you on your health journey.



The science behind the test

In a healthy person, the hormone cortisol follows a regular pattern every 24 hours. It's highest in the morning, when they need the energy to get up. It's lowest in the evening, when they're winding down to go to sleep.

Any deviation from this pattern can make a person feel tired when they shouldn't, or leave them finding it difficult to relax when they need to. Lots of things can affect how much cortisol is produced by the adrenal glands, including psychological stress, infection or blood-sugar imbalances.

It's possible to measure levels of cortisol in saliva, along with another hormone called DHEA. This enables us to see how a person's adrenal function may be contributing to their condition or symptoms. Using this information, we're able to make targeted recommendations to support your adrenals and enhance your wellbeing.

IMPORTANT Before you take the test

To make your test results as accurate as possible, it's important you follow these guidelines.



Do NOT perform the test if:

- you're pregnant
- you're taking or have taken steroids or hydrocortisone-containing medicine or creams in the past 7 days
- you're supplementing with DHEA

Do NOT stop any medication without consulting your doctor.



Avoid chewing gum, smoking and all food and drink **30 minutes prior to collection** of each sample during the day. In case of doubt, rinse your mouth thoroughly with water 5 minutes prior to sample collection.



Please avoid taking samples when wearing **lip gloss or lipstick**. If you're wearing any, please wipe clean before collection.



Do not collect saliva samples within 15 minutes of **brushing teeth** or after using dental floss.



Do not include samples with any **blood contamination** (reddish tinge) or discolouration, as these can't be assessed properly.



Take all five samples on **the same day**. If you forget to take a sample, don't substitute it with one from the following day. Please get in touch with us to arrange another kit.



You're advised to take your sample on a day which would most represent your usual waking hours. If these vary or this isn't possible, please take as described below on a day that's convenient for you.

TEST KIT CONTENTS

We've partnered with a functional testing lab called Cambridge Nutritional Sciences to provide this test. Your test kit contains the following:

- 1 x test instructions sheet (this sheet)
- 1 x sample collection pack
- 5 x straws
- 5 x saliva collection tubes
- 5 x sample ID stickers
- 1 x prepaid return envelope
- 1 x request form

TAKING THE TEST

-  1. Read the 'IMPORTANT: Before you take this test' box on the first page.
-  2. Check you have all the test kit contents using the list above.
-  3. The day before you plan to collect your samples, fill in your personal information on the request form and on all the labels, leaving the date and collection time blank. This is important! Failure to complete the labels correctly means your samples could be rejected. Put one saliva straw and one saliva collection tube by your bed ready for when you wake up.
-  4. Take your first sample (S1) as soon as you wake up, preferably while still in bed. Remove the saliva straw and the sample container from the packaging. Place the saliva straw in your mouth and use it to collect your saliva in the sample container. Make sure that the pointed end of the straw is placed in the saliva collection tube and not in your mouth.



5. Fill the container at least halfway (or more if possible), excluding the foam from the measurement. If you've collected too much foam, then close the saliva collection tube and pop it in the freezer for 2–3 minutes. Remove, and then tap the container so that the foam separates itself from the saliva liquid.



6. Using the correct label, in this case S1 for Sample 1, write the date and the time of collection on the label before sticking it to the collection tube. Please use the 24-hour clock so there's no confusion over the time the sample was taken.



7. Store in the fridge in the plastic bag provided with your kit until all remaining samples have been collected.



8. Repeat steps 2–3 using a fresh straw for each of the remaining four samples, collecting each sample at the times shown below.

Sample 2	30 minutes after waking	Use label S2
Sample 3	1 hour after waking	Use label S3
Sample 4	6–8 hours after waking	Use label S4
Sample 5	Just before going to bed	Use label S5



9. Once you've collected all the samples, place in the sample collection pack along with your filled-in request form. Return the pack to Cambridge Nutritional Sciences in the prepaid return envelope.

- Relaxing can greatly help saliva flow. You can also move your tongue around your mouth, and/or look at pictures of things you'd like to eat!

Return samples to **Cambridge Nutritional Sciences**,
Eden Research Park, Henry Crabb Road, Littleport, Cambridgeshire, CB6 1SE, UK.



WHAT HAPPENS NEXT?

As soon as your results are ready, you'll receive an email notification from Healthpath. You can then log onto your Healthpath account to view your results and see personalised recommendations.