



Comprehensive Hormone Insights™

# DISCOVER BEAUTY IN BALANCE



Are you experiencing low energy, difficulty sleeping, irritability or weight gain?

Rocky Mountain Analytical® is now offering **Comprehensive Hormone Insights™** (CHI). This urine test provides important details on hormone production and metabolism, to provide a more complete picture of your overall hormonal health.

Discover the benefits of CHI. Learn more at [rmlab.com/chi](https://rmlab.com/chi)



Rocky Mountain Analytical®  
Changing lives, one test at a time



Comprehensive Hormone Insights™

## Hormones Are Important for Overall Health

Hormones are essential for the body to function optimally. Imbalances may result in many health conditions, including:



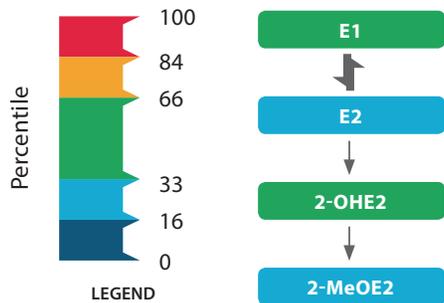
Women	Men
<ul style="list-style-type: none"><li>• Sleep disturbances</li><li>• Mood disturbances (e.g., anxiety, irritability or depression)</li><li>• Headaches</li><li>• Hot flashes</li><li>• Memory lapses</li><li>• Fatigue</li><li>• Acne, oily skin</li><li>• Weight gain</li><li>• Polycystic ovary syndrome (PCOS)</li></ul>	<ul style="list-style-type: none"><li>• Apathy</li><li>• Low sex drive</li><li>• Grumpiness</li><li>• Loss of sense of humour</li><li>• Aggressiveness</li><li>• Poor exercise tolerance</li><li>• Fatigue</li><li>• Male pattern baldness</li></ul>

**Talk to your healthcare provider about the CHI test today.**

## What is Comprehensive Hormone Insights™ (CHI)?

CHI is a test that measures the hormone levels in your urine, providing an in-depth look at your overall hormone production and metabolism, including cortisol, estrogen, progesterone, testosterone, and important markers of oxidative stress. Using this information and comparing it to what the normal levels should be for a healthy person, your doctor can tell you if you have an imbalance and suggest potential treatment options.

For example, this is a hormone map for one of the forms of estrogen (E1).



*Learn about your hormonal health.  
Ask your healthcare provider about  
CHI today.*

Find out more at  
[rma.com/CHI](http://rma.com/CHI)  
and talk to your healthcare  
provider today.



## DISCOVER BEAUTY IN BALANCE.

Are you experiencing sleep disturbances, stress, anxiety and irritability, low libido, weight gain or fertility issues? These may be signs of hormonal imbalance.

Rocky Mountain Analytical® is now offering Comprehensive Hormone Insights™ (CHI)—a test that provides important details about your hormone health, with simple, at-home collection.

*Get back into balance with CHI*



Rocky Mountain Analytical®



Comprehensive Hormone Insights™

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Rocky Mountain Analytical®



Comprehensive Hormone Insights™

## Hormones and You

Hormones act as messengers in the body, travelling through the bloodstream to tissues and organs. They affect many different processes in the body, such as mood, sleep, appetite, growth and development, sexual function, and reproduction. Therefore, it is important for hormone levels to be in proper balance.

### Common Signs and Symptoms of Hormonal Imbalance

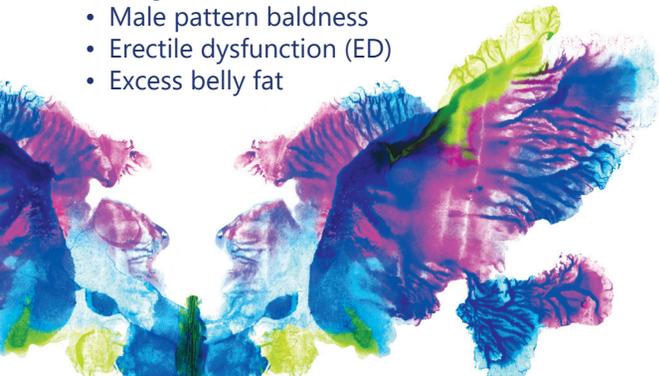
Help uncover the root cause of common symptoms and conditions, including:

#### Women

- Sleep disturbances
- Mood disturbances (e.g., anxiety, irritability or depression)
- Headaches
- Hot flashes and night sweats
- Memory lapses
- Fatigue
- Acne/oily skin
- Weight gain
- Fertility problems

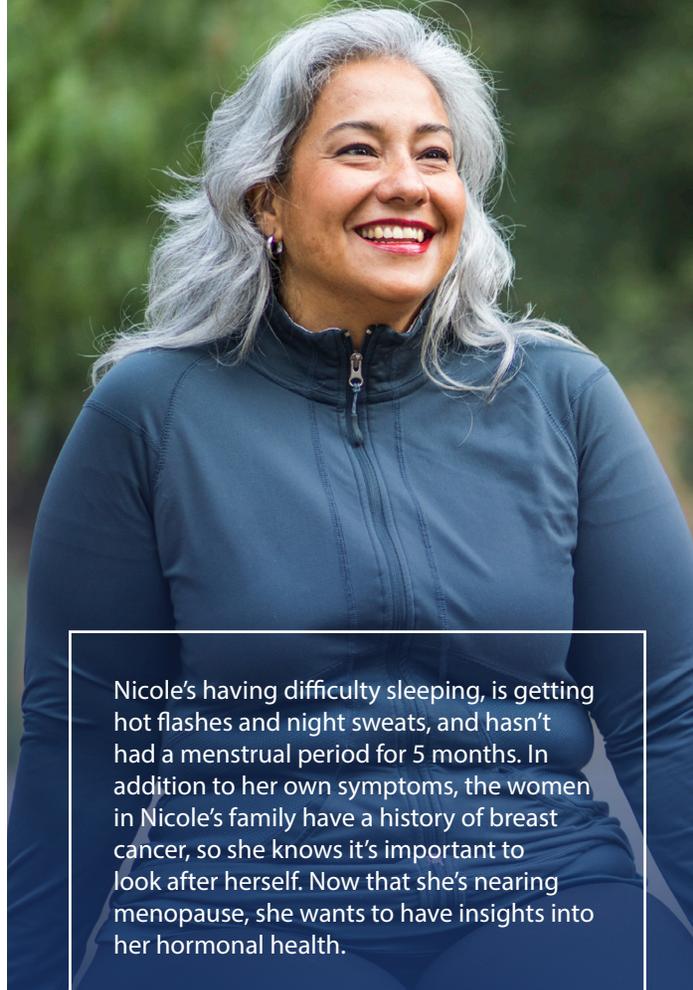
#### Men

- Apathy
- Reduced sex drive
- Grumpiness
- Loss of sense of humour
- Aggressiveness
- Poor exercise tolerance
- Fatigue
- Male pattern baldness
- Erectile dysfunction (ED)
- Excess belly fat



To get the best picture of overall steroid hormone production, or to see how supplemented hormones are being broken down by your body, a urine steroid hormone profile is the right choice.

### Meet Nicole, a 53-year-old woman experiencing early symptoms of menopause.



Nicole's having difficulty sleeping, is getting hot flashes and night sweats, and hasn't had a menstrual period for 5 months. In addition to her own symptoms, the women in Nicole's family have a history of breast cancer, so she knows it's important to look after herself. Now that she's nearing menopause, she wants to have insights into her hormonal health.

## The Advantages of CHI



### Superior Reporting

CHI provides a full, custom report and interpretation. It includes a summary page and a colour-coded "heat map" of the types and amounts of hormones your body is making to help you identify imbalances at a glance.



### Convenient Collection

CHI requires four samples collected over 24 hours. Some tests require you to dip and dry urine strips, which can make collection on-the-go difficult. With CHI, you do not need to use and dry any urine strips, but can carry your sample(s) safely and discreetly in your purse using the purple CHI bag included in your kit.



### Tested in Canada

Shipped samples stay in Canada, which improves turnaround times and helps ensure integrity of your samples while in transit to the lab. And shipping is free!



### RMA Reputation

Dr. George Gillson, founder of RMA, is an MD, PhD with extensive knowledge of hormones. Our lab is known in the industry for quality hormone testing.

**Rocky Mountain Analytical®** is an accredited Canadian laboratory, providing functional medicine tests to healthcare professionals since 2002.



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**Important:**  
Read all collection instructions  
prior to collecting urine.

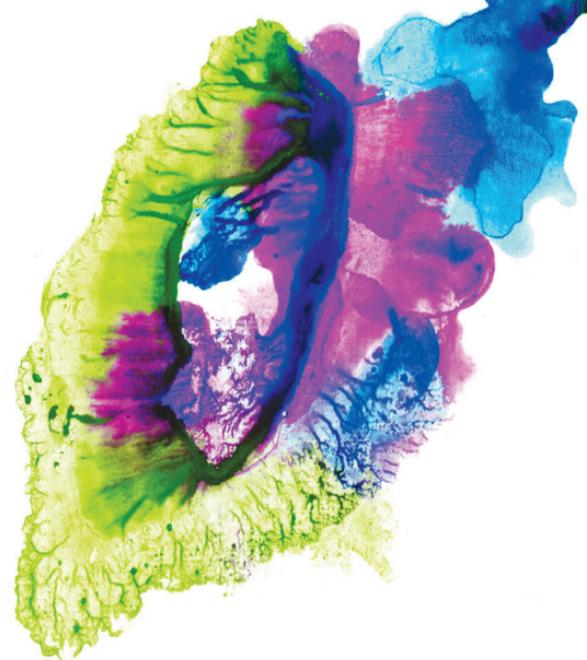
# Before You Begin

**Check contents of the kit. If anything is missing, please contact your healthcare provider prior to collection.**

Your Kit Contains:

- Kit box (keep for shipping your sample)
- Collection instructions
- Requisition form
- Disposable transfer pipette
- 4x green-top 10 mL tubes
- Biohazard bag with absorbent material\*
- Ice pack
- Insulated envelope
- Pre-paid return mailer
- Purple resealable bag for discreet carrying of samples on the go (*this is for your personal use only – do not include this bag when shipping samples to the laboratory*)

**Note:** A clean glass container is required to collect your urine samples. This container is not provided in the kit.



**\*IMPORTANT:** Please do not remove the absorbent material from the biohazard bag. Do not put absorbent material in toilet or collection tube. Collection tubes are for urine only.

# When to Collect

## Timing Considerations

### Cycling women

The time of month that you collect your sample is important.

- Do not collect during your menstrual period;
- If your periods are irregular, collect one week before your period is expected, or when you are not bleeding;
- If you wish to collect in the luteal phase, 7 to 9 days before the start of your period is best;
- If you wish to collect in the follicular phase, 7 to 9 days after the first day of bleeding is recommended;
- Do not collect when ovulating;
- Consult with your healthcare provider to determine your optimal collection dates.

### Men and non-cycling or postmenopausal women

You can start your sample collection on any day of the month.

### Shift workers

Adopt the same time intervals as in the “Collection Timing: Day 1 and 2” chart on page 5, and collect in accordance with your sleep schedule.



## When to Collect

### If You Are Taking/Using Hormones:

- If you have recently started hormone therapy, you should be on hormones for at least three weeks before collection;
- Synthetic hormone analogs may affect progesterone, testosterone and/or estrogen levels. Women taking birth control pills or other synthetic hormones like MPA (medroxyprogesterone acetate) should discuss with your healthcare provider prior to testing;
- If you are using topical, oral, or injectable hormones (creams, gels, patches, pills, sublingual) continue using them on your regular schedule throughout the collection period;
- If your healthcare provider wants a baseline hormone level you will have to be off oral/patch supplements for two weeks prior to testing and off cream supplements for 12 weeks prior to testing.

If you have questions about when to test because you are on hormone therapy, please contact your healthcare provider.

## Requisition Form

Check your requisition form to ensure it includes your healthcare provider's signature and barcode label. If either is missing, please contact your healthcare provider before collecting your sample.

### Complete your requisition with the following:

- Legal name (first and last), address, telephone number
- Date of birth (yyyy-mm-dd)

**Note:** *Patient must be 15 years of age or older and have achieved puberty.*

- Gender
- Date and time of collection (yyyy-mm-dd; hh:mm)
- List all medication and supplements you are using as they may affect test results

**IMPORTANT!** The name on your samples and your requisition(s) MUST match exactly.

## Sample Labelling

Use permanent ink ball point pens as other inks are water-soluble (e.g. rollerball ink) and may wash off containers or smear before testing. Unlabelled or illegibly labelled samples will be rejected.

### Complete sample labels with the following:

- Legal name (first and last)
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd; hh:mm)

## Sample Collection

### During Collection

Drink your usual amount of liquids. Urine should not be concentrated (dark) or too dilute (completely colourless). If consuming caffeinated and/or alcoholic drinks, limit consumption to 1-2 drinks per day.

# Sample Collection

**Note:** Pre-freeze your ice pack so it will be ready for shipping.

Collection Timing:  
Day 1 and 2

Day	Sample	Label Color	Volume	Collection Time
1	A	Green	8 mLs	2 hours after waking ( <i>empty bladder upon waking</i> )
1	B	Blue	8 mLs	Supper ( <i>approx. 9-10 hours after waking</i> )
1	C	Pink	8 mLs	Bedtime ( <i>approx. 14-15 hours after waking</i> )
2	D	Purple	8 mLs	First morning ( <i>full bladder including overnight</i> )

## Day 1

Collect samples A, B and C at the scheduled times according to the chart above, following these simple steps:

1. Collect urine in a clean glass container (not provided).
2. Using the transfer pipette, fill the appropriately coloured tube to the 8 mL line (**Note:** Do not overfill as it may cause leakage while freezing).
3. Firmly screw the lid onto the tube, label the sample and place the tube into the biohazard bag.
4. Discard the remaining urine that was collected and rinse the glass container.
5. Store your samples in the freezer until all four samples are collected.

## Day 2

Sample D (purple label) is a collection of all urine produced overnight, including your first morning urine.

If you wake to urinate throughout the night, collect this urine into a clean glass container and store it in the fridge. Upon waking, collect your first morning urine into the same container and mix it well with the overnight urine.

Transfer the urine into the purple-labelled tube following steps 2-4 of the Day 1 instructions.

Store this sample in the freezer along with the other samples.

## Sending Your Sample

All samples must be frozen before shipping, and shipped together on the next business day (Monday through Thursday). DO NOT ship samples on Fridays, weekends or statutory holidays. To ship:

1. Place the completed requisition form in the outside pocket of the insulated envelope.
2. Place the sealed biohazard bag containing the frozen samples into the insulated envelope with the frozen ice pack. Place the insulated envelope, with the completed requisition form, into the kit box and close it.
3. Place the closed kit box into the pre-paid return mailer, then seal the mailer.
4. Call FedEx at 1-800-463-3339 and request same day pick-up.

## Getting Results

Results will be sent to your healthcare provider approximately 7-10 business days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare provider if you have questions regarding your results.

**Note:** Due to our laboratory accreditation requirements, Rocky Mountain Analytical staff cannot discuss test results with patients.





**Rocky Mountain Analytical®**  
*Changing lives, one test at a time*

#### **Patient Privacy**

Privacy Statement: The personal information collected on the requisition form(s) and any medical data subsequently acquired will be used and disclosed only as permitted or required by provincial privacy laws (and related acts and regulations). Use of the requisition form(s) implies consent for the use of de-identified patient data and specimens for quality assurance purposes in accordance with the law. Some aggregate data may be used for research purposes. Rocky Mountain Analytical's privacy policy is available at [www.rmalab.com](http://www.rmalab.com). If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. [info@rmalab.com](mailto:info@rmalab.com) | P: 403-241-4500 | F: 403-241-4501

