



Unlock the secrets of saliva hormone testing

An alternative to blood-based diagnostics

The hormone levels in your saliva say a lot about you and your health. Saliva contains various hormones and chemicals that can serve as direct indicators or indirect biomarkers of human health, biochemical imbalances, and a variety of disease states.

LifeLabs® is proud to offer Hormone Health assessment with saliva testing, that will facilitate self-collection of saliva samples from the comfort of your home. Hormone Health assessment can help you and your naturopathic doctor to monitor hormonal imbalances through salivary analysis with individual hormone tests and panels.

Advantages of saliva testing:



Reliable



Non-invasive and painless



Convenient sample collection

BENEFITS OF SALIVA TESTING

Saliva contains unbound, bioavailable hormones. Thus, saliva testing provides a measure of biologically active hormones that are likely to affect the body and be responsible for symptoms related to excessive or deficient hormone levels. Salivary biomarkers have been found to be helpful in detecting and monitoring health conditions such as:



Evaluating circadian rhythms and diagnosing sleep disorders



Acquiring the periodic measurements of various sex hormones in women of reproductive age for the treatment of fertility problems



Monitoring the outcomes of hormone replacement therapy (HRT) in perimenopausal women



A benchmark for optimizing recovery and performance in athletes



Identifying burnout and stress

YOU ARE JUST FOUR STEPS AWAY FROM TAKING A HORMONE ASSESSMENT



1 Discuss with your Naturopathic Doctor

Book an appointment with your Naturopathic Doctor to discuss test options. Receive the required signed requisition form and test kit.



2 Collect a sample

The test only requires self-collection of saliva sample.



3 Submit sample for testing

Samples must be shipped directly to a specified LifeLabs® site with the prepaid waybill and shipping materials included in the kit. LifeLabs® patient service centres cannot accept saliva samples.



4 Review results

Your results will be sent directly to your Naturopathic Doctor. They will be able to discuss your results and the next steps in your care plan.



For more information visit rmlab.com/hormone-health or scan the QR Code