

# Salivary Hormone Health Assessment



LifeLabs® is proud to offer Hormone Health assessment utilizing saliva testing for Naturopathic Doctors. These kits will facilitate patient self-collection of saliva samples from the comfort of an individual's home.

Saliva hormone testing is a useful tool to find underlying functional hormone excesses, deficiencies, and imbalances. The method is reliable, non-invasive, and convenient. Interactions between cortisol, DHEAS, estradiol, progesterone, and testosterone, along with melatonin levels, are fundamental to health—which is why imbalances can have a significant impact on well-being.

Saliva testing can measure the amount of free, and/or bioavailable hormones that are available to act on a target tissue. Saliva contains various hormones and other biomolecules that can serve as direct or indirect indicators of human health, biochemical imbalances, and even certain disease states.<sup>1</sup> Most steroid hormones in the bloodstream are bound to carrier proteins, and are therefore metabolically inactive, with just a small bioavailable fraction available to exert an effect. In contrast, only free and weakly bound hormones leave the bloodstream and make their way into saliva, so saliva testing provides a measure of biologically active hormones.<sup>2,3</sup>

## Advantages of saliva testing:



Reliable



Non-invasive  
and painless



Convenient  
sample collection

## TESTING OPTION HIGHLIGHTS

The custom interpretation provided with every report offers insights into how hormone imbalances may contribute to patient symptoms.

**Endo Complete + Melatonin:** This is the most complete testing profile, it offers four point cortisol, DHEA-S, estradiol, progesterone, testosterone, as well as daytime melatonin measurements over a full day. Benefits include all those listed for other panels below.

**Female Endo Panels:** The Female Panel includes cortisol (one to four points), DHEAS, estradiol, progesterone, and testosterone. Assessment of these hormones can be useful in identifying changes in female hormone levels/profile, which may be associated with symptoms caused by an imbalance.

**Adrenal Profile:** Cortisol is a stress hormone, that undergoes diurnal variation leading to dynamic levels of concentration. Cortisol, together with the actions of other stress-related hormones such as DHEA-S (the anti-stress hormone), affects various bodily functions including regulation of the immune system, sleep, mood, fat, and protein metabolism.

**Melatonin Panel:** This panel measures both nighttime and daytime melatonin levels. Melatonin holds a critical role in sleep and circadian rhythm. Levels diminish with age but can also be affected by underlying disease and external factors.

Measuring the saliva levels of both melatonin and cortisol is a useful approach for evaluating an individual's circadian rhythms and diagnosing sleep disorders.

**Male Endo Panels:** The Male Panel consists of cortisol (one to four points), DHEAS, estradiol and testosterone. Men's hormone levels change with ageing, and assessment can provide insights into hormone balance and/or associated symptoms and disorders.

**Individual hormones:** Single hormone measurements are also available for cortisol (morning, afternoon, evening, or bedtime), progesterone, testosterone, estradiol, DHEA-S, and melatonin (daytime).

## ORDERING THE HORMONE HEALTH SALIVA COLLECTION KITS

Test kits may be ordered by contacting [HCPkitordering@lifelabs.com](mailto:HCPkitordering@lifelabs.com) with your **name, LifeLabs® account number, shipping address, and number of kits required.** Hormone saliva testing collection supplies are provided in a convenient patient kit format with all instructions required to collect samples at home. Samples must be shipped directly to a specified LifeLabs site with the prepaid waybill and shipping materials included in the kit.

## RECEIVING RESULTS

Results will be available to only Naturopathic Doctors within 7- 10 days after the sample is received by LifeLabs®.

**Results can only be accessed via Launchpad,** a free service for Health Care Providers which provides access to electronic reports without an EMR.

**Please ensure you have access to your current Launchpad account or connect with the team to set up a new account before submitting samples.**

For new account set up, please send an email to:

**BC:** [excelleris-support@lifelabs.com](mailto:excelleris-support@lifelabs.com)

**ON, SK and Other provinces:**

[ITServiceDesk@lifelabs.com](mailto:ITServiceDesk@lifelabs.com)



For more information  
visit [www.rmalab.com](http://www.rmalab.com)  
or **scan the QR Code**



## References

1. Bellagambi, F.G. et al. Saliva sampling: Methods and devices. An overview. *TrAC Trends in Analytical Chemistry*, 2020, 124, 115781. doi: 10.1016/j.trac.2019.115781
2. Gonshor, A. and Yeska, N. Salivary hormone testing - the way of the future?. Accessed 7th July 2023. Available at: <https://www.biocompare.com/Editorial-Articles/570053-Salivary-Hormone-Testing-The-Way-of-the-Future/>
3. Gonshor, A. and Yeska, N. Salivary hormone testing - The blood of the 21st century?. *Labcompare*. Accessed 7th July 2023. Available at: <https://www.labcompare.com/10-Featured-Articles/569602-Salivary-Hormone-Testing-The-Blood-of-the-21st-Century/>