

# FEMALE HORMONE PROFILE (spot urine)

*Hormone imbalances are associated with numerous symptoms and health conditions. Assessing and diagnosing these changes are important to decrease unnecessary suffering and prevent degenerative diseases. Female hormones fluctuate through a menstrual cycle and at various times of a woman's life. Imbalances in hormones are associated with PMS, menopause and more complex conditions like PCOS and endometriosis. This test provides a focused overview of the hormonal cascade of both male hormones and female hormones.*

## SYMPTOMS AND CONDITIONS ASSOCIATED WITH HORMONE IMBALANCE

PMS	Menopause
Fertility issues	Adrenal stress
Endometriosis	PCOS
Uterine fibroids	Fibrocystic breasts
Hormonal cancers	Osteoporosis
Fatigue	Insomnia

## Urinary Hormone Testing

Urine testing has the benefit over serum testing that it detects predominantly unbound, active hormones, which are biologically available to their receptors in target tissues. It has a convenient, painless collection procedure that can be performed in the privacy of the home. Urine testing is a stress free, no needles collection that measures metabolic breakdown of hormones. This comprehensive test identifies androgens, female hormones, adrenal hormones and thyroid hormones.

## ADVANTAGES OF URINARY HORMONE TESTING

Measures the free, bioavailable fraction of hormones
Measures metabolites of hormones providing a detailed metabolism of hormones
Do-it-yourself at home collection offers ease of collection for patient

## FEMALE HORMONE PROFILE (spot urine) [Test Code: 1312]

❖ T4, T3, T4/T3 ratios, Cortisol, DHEA, Testosterone, Progesterone, E1, E2, E3

### Other female hormone tests available

- **Female Cycle (28 Day) Hormone Profile (saliva) [1004]:** 11 x E2, 11 x Progesterone day 3, 5, 8, 11, 12, 14, 16, 18, 20, 23, 28 and Testosterone day 11
- **Female Hormone Profile - Basic (saliva) [1005]:** DHEAs, E1, E2, E3, Progesterone, Testosterone, ratios.
- **Female Hormone Profile - Extensive (saliva) [1006]:** DHEAs, E1, E2, E3, Progesterone, Testosterone, Androstenedione, ratios.
- **Adrenocortex Stress & Female Basic (saliva) [1010]:** DHEAs (6-8am), Cortisol (6-8am, noon, 4pm, 8pm); E1, E2, E3, Progesterone, Testosterone, ratios
- **Female Hormone Profile (serum) [1104]:** E1, E2, E3, FSH, LH, Progesterone, Prolactin, SHBG, Testosterone, free Testosterone
- **Estrogen Metabolites - Level 1 (spot or 24 hour urine):** 2OHE1, 16 $\alpha$ OHE1, 2:16 ratio
- **Estrogen Metabolites - Level 2 (spot or 24 hour urine):** 2OHE1, 16 $\alpha$ OHE1, 2:16 ratio; 4OHE1
- **Estrogen Metabolites - Level 3 (24 hour urine) [1209]:** 2OHE1, 16 $\alpha$ OHE1, 2:16 ratio, 4OHE1; 2OMeE1, 4MeOE1, 2OHE1:2OMeE1, 4OHE1:4OMeE1 ratios
- **Estrogens Profile (spot or 24 hour urine):** E1, E2, E3, 2OHE1, 16 $\alpha$ OHE1, 2:16 ratio; 4OHE1
- **Female Hormone Profile - Extensive (24 hour urine) [1213]:** T4, T3, T4/T3 ratios, Cortisol, DHEA, Testosterone, Progesterone, E1, E2, E3; 17-ketosteroids, Total OH corticoids, ratios, Allo-tetrahydrocortisol, Tetrahydrocortisol, Tetrahydrocortisone, Tetrahydrodeoxycortisol, Aldosterone, Androsterone, Etiocholanolone, 11OH-androsterone, 11OH-etiocholanolone, 11-ketoetiocholanone, 11-ketoandrosterone, Pregnanetriol (Pregnenolone), DHT, 2OHE1, 16 $\alpha$ OHE1, 2:16 ratio, 4OHE1, Melatonin, Growth hormone, Na, Ca, P, K, Mg, Cr
- **Female Hormone Blood Spot – Basic [1401]:** Estradiol (E2), Progesterone, Testosterone, SHBG, DHEAs, Cortisol
- **Female Hormone Blood Spot – Extensive [1402]:** Estradiol (E2), Progesterone, Testosterone, SHBG, DHEAs, Cortisol; TSH, free T4, free T3, Thyroid peroxidase antibodies
- **Adrenals & Female Hormones (saliva & blood spot) [1414]:** DHEAs, 4 x Cortisol; E2, Progesterone, Testosterone, SHBG, FSH, LH
- **Advanced Hormones Dried Urine [1501]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 $\alpha$ OHE1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1; Pregnanediol, Allopregnanolone, Allopregnanediol, 3 $\alpha$ -Dihydroprogesterone, 20 $\alpha$ -Dihydroprogesterone, Deoxycorticosterone, Corticosterone; Testosterone, Epi-Testosterone, 5 $\alpha$ -DHT, Androstenedione, DHEA, 5 $\alpha$ ,3 $\alpha$ -Androstenediol; Total Cortisol, Free Cortisol (x4), Total Cortisone, Free Cortisone (x4), Tetrahydrocortisol, Tetrahydrocortisone; Melatonin
- **Intermediate Hormones Dried Urine [1502]:** Estradiol, Estrone, Estriol, 2OHE1, 4OHE2, 4OHE1, 16 $\alpha$ OH E1, 2MeOE1, 4MeOE2; Pregnanediol, Allopregnanolone; Testosterone, Epi-Testosterone, 5 $\alpha$ -DHT, Androstenedione, DHEA; Total Cortisol, Free Cortisol (x4), Total Cortisone, Free Cortisone (x4), Tetrahydrocortisol, Tetrahydrocortisone; Melatonin
- **Basic Hormones Dried Urine [1503]:** Estradiol, Estrone, Estriol; Pregnanediol, Allopregnanolone; Testosterone, 5 $\alpha$ -DHT, DHEA; Total Cortisol
- **Estrogen Elite Dried Urine [1505]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 $\alpha$ OHE1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1; Pregnanediol, Allopregnanolone; Testosterone, 5 $\alpha$ -DHT, Androstenedione, DHEA, 5 $\alpha$ ,3 $\alpha$ -Androstenediol
- **Estrogen Essential Dried Urine [1506]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 $\alpha$ OH E1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1

### How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form and have the patient phone NutriPATH Customer Service on 1300 688 522.



Phone **1300 688 522** for further details  
[www.nutripath.com.au](http://www.nutripath.com.au)