

BASIC HORMONES (dried 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
Dried urine test strips correlates with spot or 24 hour urine collection
Dried urine test strips can assess diurnal patterns

BASIC HORMONES (dried urine) [Test Code: 1503]

- ❖ Estradiol, Estrone, Estriol; Pregnanediol, Allopregnanolone; Testosterone, 5 α -DHT, DHEA; Total Cortisol

Other female hormone tests available

- **Advanced Hormones Dried Urine [1501]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 α OHE1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1; Pregnanediol, Allopregnanolone, Allopregnanediol, 3 α -Dihydroprogesterone, 20 α -Dihydroprogesterone, Dexocorticosterone, Corticosterone; Testosterone, Epi-Testosterone, 5 α -DHT, Androstenedione, DHEA, 5 α ,3 α -Androstenediol; Total Cortisol, Free Cortisol (x4), Total Cortisone, Free Cortisone (x4), Tetrahydrocortisol, Tetrahydrocortisone; Melatonin (x4)
- **Intermediate Hormones Dried Urine [1502]:** Estradiol, Estrone, Estriol, 2OHE1, 4OHE2, 4OHE1, 16 α OH E1, 2MeOE1, 4MeOE2; Pregnanediol, Allopregnanolone; Testosterone, Epi-Testosterone, 5 α -DHT, Androstenedione, DHEA; Total Cortisol, Free Cortisol (x4), Total Cortisone, Free Cortisone (x4), Tetrahydrocortisol, Tetrahydrocortisone; Melatonin
- **Estrogen Elite Dried Urine [1505]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 α OHE1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1; Pregnanediol, Allopregnanolone; Testosterone, 5 α -DHT, Androstenedione, DHEA, 5 α ,3 α -Androstenediol
- **Estrogen Essential Dried Urine [1506]:** Estradiol, Estrone, Estriol, 2OHE2, 2OHE1, 4OHE2, 4OHE1, 16 α OH E1, 2MeOE2, 2MeOE1, 4MeOE2, 4MeOE1
- **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 α OHE1, 2:16 ratio
- **Estrogen Metabolites - Level 2 (spot or 24 hour urine):** 2OHE1, 16 α OHE1, 2:16 ratio; 4OHE1
- **Estrogen Metabolites - Level 3 (24 hour urine) [1209]:** 2OHE1, 16 α OHE1, 2:16 ratio, 4OHE1; 2OMeE1, 4MeOE1, 2OHE1:2OMeE1, 4OHE1:4OMeE1 ratios
- **Estrogens Profile (spot or 24 hour urine):** E1, E2, E3, 2OHE1, 16 α OHE1, 2:16 ratio; 4OHE1
- **Female Hormone Profile – Basic (spot or 24 hour urine) [1212]:** T4, T3, T4/T3 ratios, Cortisol, DHEA, Testosterone, Progesterone, E1, E2, E3
- **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 α 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

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.

