



## FEMALE CYCLE (28 DAYS) HORMONE PROFILE - Test Code 1004



Turnaround Time: 3-5 business days



Specimen Type: 11 x 5ml Saliva tubes

### Description

The Female Cycle (28 Day) Hormone Profile evaluates estradiol (E2) and progesterone levels throughout the follicular and luteal phases of the menstrual cycle. Hormonal balance is crucial for regulating reproductive function, mood, energy levels, and overall well-being (Sundström-Poromaa et al., 2020). This test is particularly valuable for identifying conditions such as infertility, amenorrhoea, menorrhagia, and ovulation problems (Sundström-Poromaa et al., 2020).

This panel offers a detailed analysis of estradiol, progesterone, and testosterone, providing insight into ovulatory function and hormone production patterns. By identifying issues such as unopposed estrogen, high follicular progesterone, anovulation, or luteal phase defects, it aids in determining the best course of action for achieving hormonal balance (Sundström-Poromaa et al., 2020).

Examining 11 saliva samples across the cycle accurately maps the relationship and balance of these key hormones as they change over time. The levels of estradiol and progesterone, as well as the ratio between the two, are clearly graphed for easy reference. In contrast to serum measurements, which usually reflect both bound and unbound hormones, salivary samples only detect the free (unbound), biologically active hormones.

### Whats included?

- E2 (x 11) & Progesterone (x 11) on day 3, 5, 8, 11, 12, 14, 16, 18, 20, 23, 28
- Testosterone (day 11)

### Conditions and Symptoms

- PMS
- Anovulation or Amenorrhea
- Subfertility or infertility
- Endometriosis
- PCOS
- Irregular cycles
- Menstrual headaches/migraines

### Complementary Testing

- Female Hormone Profile – Serum (Test code 1104)
- Anti-Mullerian Hormone (Test code 1000)
- Thyroid Profile - Extensive (Test code 1114)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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