



ADRENAL DRIED URINE - Test Code 1507



Turnaround Time: 14 business days



Specimen Type: 4x Dried Urine Strips

Description

The Adrenal Dried Urine Profile offers a comprehensive evaluation of adrenal function by measuring key hormones through dried urine samples collected at four specific times during the day. By examining key hormones at multiple points throughout the day, the test provides a dynamic picture of adrenal activity and hormone fluctuations, which is essential for understanding how the body adapts to stress.

Adrenal dysfunction, which may present as adrenal fatigue or hyperactivity, is often linked to chronic stress (James et al., 2023). When the adrenal glands are overworked and unable to produce adequate amounts of cortisol to meet the body's needs, it can lead to symptoms like difficulty waking up, brain fog, low energy, and increased risk of infection (James et al., 2023).

This profile is particularly useful in identifying abnormal cortisol patterns that might not be detected through single-point testing. Since cortisol naturally follows a diurnal rhythm, disruptions to this pattern can indicate underlying issues such as adrenal insufficiency or hyperactivity (James et al., 2023). By evaluating hormone levels at different intervals, the Adrenal Hormone Profile helps clinicians pinpoint specific adrenal imbalances and create targeted treatment plans to restore balance, reduce symptoms, and improve overall health and well-being.

Whats included?

- DHEA
- Total Cortisol
- Free Cortisol (x4)
- Total Cortisone
- Free Cortisone (x4)
- Tetrahydrocortisol
- Tetrahydrocortisone

Conditions and Symptoms

- Chronic stress/ burnout
- Fatigue
- Mood disturbances (i.e., depression, anxiety, irritability)
- Sleep disturbances
- Recurrent infections/ weakened immune system
- Pain
- Unexplained weight loss or weight gain

Complementary Testing

- Cortisol Profile (Test code 1003)
- 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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*See NATA and CLIA website for further details