



ADRENOCORTEX STRESS & FEMALE BASIC - Test Code 1010



Turnaround Time: 3-5 business days



Specimen Type: 4 x 5ml saliva tube

Description

Constant lifestyle, physical, and psychological stresses place ongoing demands on the adrenal glands. Over time, this can lead to adrenal fatigue or insufficiency, presenting symptoms such as fatigue, low blood pressure, decreased stress tolerance, salt cravings, low blood sugar, and weakened immunity (James et al., 2023).

Hormonal imbalances are linked to various symptoms and health conditions. Accurate testing is essential to reduce unnecessary suffering and help prevent degenerative diseases (Valencia-Olvera et al., 2023). In women, hormone levels naturally fluctuate throughout the menstrual cycle and at different life stages, with imbalances often contributing to subfertility, PMS, menopause, and conditions such as polycystic ovarian syndrome (PCOS) and endometriosis (Sundström-Poromaa et al., 2020). This test provides a targeted overview of key female hormones and adrenal function, helping to identify imbalances affecting overall health.

Today's high-stress environment places additional strain on adrenal glands, potentially leading to adrenal fatigue, also known as hypoadrenia or adrenal insufficiency. In assessing hormone health, it is valuable to note that while serum measurements reflect both bound and unbound hormones, salivary samples detect the free, biologically active hormones.

Whats included?

- DHEAS (6-8am)
- Cortisol (6-8am, noon, 4pm, 8pm)
- E1, E2, E3
- Progesterone
- Testosterone
- Ratios

Conditions and Symptoms

- Subfertility or infertility
- Fatigue and brain fog
- Hair thinning and loss
- Abdominal weight gain
- Menstrual irregularities
- Frequent infections
- Cravings for salty or sugary foods
- Anxiety and depression
- Premenstrual syndrome and menopausal symptoms

Complementary Testing

- Thyroid Profile - Extensive (Test code 1114)
- Organic Acids Metabolomic Mapping (Test code 4041)

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