



ZRT Adrenal Stress Test

Adrenal Stress Profile is a trusted product recommended to monitor situational stress as well as **adrenal fatigue**. Likewise, this product is also suggested for those suffering from sleep disturbances, allergies and/or lowered immunity and all other symptoms of adrenal imbalance such as:

- Arthritis
- Chemical sensitivities
- Bone loss
- High blood sugar
- Memory lapses
- Sugar cravings

Specifically, the product measures the body's levels of **cortisol**, a **stress hormone** that is responsible in helping the body respond to daily life stressors. Apart from the said hormone, it also tests the adrenal hormone **DHEA-S** at morning, noon and nighttime.

This cortisol hormone saliva testing provides an effective method to determine the excessive or insufficient levels of cortisol in your body, as well as monitor the expected high and low levels of the cortisol hormone. It requires four samples of saliva taken at different times: morning, and nighttime.

Cortisol is one of the very important hormones produced in the body. If you have excessive amounts of cortisol, you are prone to experience symptoms, such as fatigue, weak immune system, hypertension, weight gain and water retention, reduced libido, temporary infertility, and poor coping with stress. On the other hand, if your body is producing insufficient amounts of cortisol, you're likely to experience mood swings, irritability, weight loss, dehydration, hypotension, high level of insulin and low blood glucose, and skin problems.

Monitoring your cortisol hormone levels daily helps in the screening and diagnosis of certain diseases. Cortisol level is usually at its highest between 6-8 A.M. and falls during the day. Increased and decreased cortisol level may be an indication of pituitary and adrenal glands problems. In addition, people who do not experience a diurnal variation - the rise and fall of cortisol level during the day - may be suffering from Cushing Syndrome.

Each service includes:

- Symptom Checklist on Test Requisition Form
- Requisition Form to complete including your personal and medical history
- Pre-paid, Pre-addressed Return Packaging
- Vial(s) for collecting saliva
- Instructions for How to Use Saliva Collection Kit

The test takes away the discomfort of having to take a trip to the hospital or clinic to have your sample specimen collected. Saliva collection can be safely done in the privacy of your home; plus, you get to avoid the stress of blood draw. When you have completed specimen collection, fill-out the requisition form and send them to the accredited laboratory using the pre-paid shipping label. The result is returned to you or the ordering health care provider in 7-10 business days.

Knowing both your cortisol level and diurnal variations will help you take better care of your health. We strongly suggest that you should discuss the test result with your professional health care provider to know whether or not you need additional tests and get started with ample treatment as needed.

