

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.
 - Test Questionnaire: make sure BOTH sides of the questionnaire are completed.
 - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
 - Place the resealable plastic bag containing your sample along with the completed Test Questionnaire and the Personal Information Form into the supplied box.
 - Place the box in the return shipping bag and ship (see Shipping Instruction).



Welcome To Your Test Kit

You have chosen to do an Hormone Trio – Saliva Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

Collection Materials

- 1 x Test Questionnaire
- 1 x Large plastic tube in a resealable plastic bag with an absorption pad
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If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email testkits@nordicgroup.eu



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Please note: if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.

Preparation

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.
- Test Questionnaire: fill out BOTH sides of the questionnaire.

When to schedule your collection

- Your sample should be collected in the morning over 30 minutes.
- *Men, children & non-menstruating women: may collect any day of the month.
- *Menstruating women should collect as follows:
 - Regular Cycles: Collect on day 19, 20 or 21 of the menstrual cycle. (Day 1 = first day of your period)
 - Irregular Cycles: If you know when your period will start, choose 5 days before.
 - Unpredictable: Collect any day when not bleeding.

Please follow the schedule below:

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| MORNING (collect into the large tube) | 6:00 AM to 8:00 AM. Collect sample within 30 minutes of waking (it is best to spend 20-30 minutes on the your collection, as this allows for the best cortisol reading) |
|--|---|

Prior to collection

- Do not eat, drink (except water) or brush your teeth prior to your first collection of the day and for the two hours prior to collecting your sample.
- Avoid anti-aging/anti-wrinkle facial creams for three days prior to collecting your sample as they may contain undisclosed hormones

If you are taking hormones

Carefully read the schedule below if you are currently undergoing hormone therapy, and please consult your practitioner if you have any doubts or further questions.

| Hormone Type | Timing |
|-----------------|---|
| Topical or Oral | <p>The day before testing, continue use of hormones as prescribed. Important: Make sure any night dosage is applied at least 12 hours before planned morning collection (for example, dose before 8:00 PM for an 8:00 AM collection).</p> <p>If using oral progesterone, your dosage can be right before bed.</p> <p>To avoid direct contamination of your sample during collection:</p> <ul style="list-style-type: none"> • Do not use bare hands for topical hormone application for at least two days prior to sample collection. • Do not apply hormones to face, neck or lips for at least two days prior to collection (apply hormones using latex gloves or preferably hormone-loaded syringe or applicator) • Make sure that all surfaces you come in contact with, such as worktops, door handles, taps, towels etc. are clean and free of hormone residue (change sheets, pillowcases and hand towels the night before collecting). |

| | |
|---|---|
| Patches, Vaginal Rings, Pellets or Injectables | Test half-way between doses. For example, collect three days after once-a-week patch or two weeks after once-a-month injection. |
| Troches or Sublingual Therapies | Do not use DHEA supplementation sublingually 36 hours prior to testing. |
| 7-Keto DHEA | Avoid for three days prior to collecting. Does not apply to regular DHEA. |
| Steroids (e.g. glucocorticoids, hydrocortisone, prednisone) | Contact your practitioner about appropriate timing. |

Collection Procedure

Important: If an error is made during collection, simply rinse out the entire tube with hot water (no soap), shake out remaining water, and start again.



Step 1:

Write your full name, date, and collection time on the label attached to the tube. Also note time of collection on the Personal Information Form and Test Questionnaire.



Step 2:

Rinse your mouth thoroughly with water and wait five minutes before you begin your collection.



Step 3:

Wash and dry hands with a clean towel.



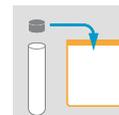
Step 4:

Begin collecting saliva by first allowing saliva to pool in your mouth, then spit into the tube.



Step 5:

Fill tube at least half way with saliva. Allow any froth to settle before finishing (collection usually takes 15-30 minutes, depending on saliva production).



Step 6:

When done, screw the cap back on tightly, place it back into the plastic bag and store in a refrigerator until ready to ship.

Tips for a successful sample collection

If experiencing a dry mouth, try to stimulate saliva flow by pressing tip of tongue against teeth. You could also try smelling (not eating) a lemon or yawning.