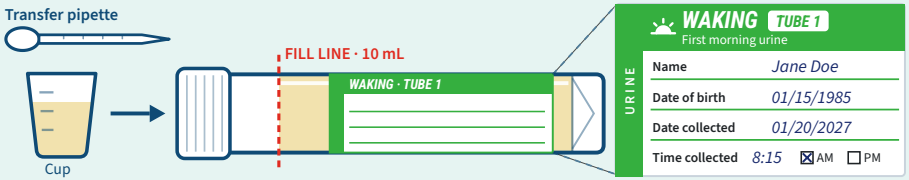
# HORMONE ZOOMER INSTRUCTIONS

## How to Collect Urine



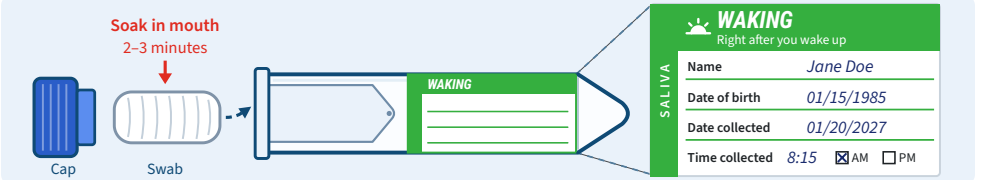

**STEP 1** Label each urine tube: **name, date of birth, date of collection, and time.** **If this information is missing, your sample will be rejected.**

**STEP 2** Fill the cup with urine and use the transfer pipette to move the urine into the tube, up to the 10 mL fill line.

**STEP 3** Twist the cap on tight. Then **rinse the cup with water and let it dry** before your next urine sample. **Do not throw away the cup until all 5 urine tubes are filled.**

**STEP 4** Place each collected tube in the specimen bag from your kit, and **freeze the tubes until they are ready to be shipped.**

## How to Collect Saliva




**STEP 1** Label each saliva tube: **name, date of birth, date of collection, and time.** **If this information is missing, your sample will be rejected.**

**STEP 2** Remove the cap. Tip the tube so the swab drops into your mouth. Chew lightly (helps saliva flow) until soaked for **2–3 minutes**.

**STEP 3** Return the swab to the tube and put the cap back on. **Do not touch the swab with your hands.**

**STEP 4** Place each collected tube in the specimen bag from your kit, and **freeze the tubes until they are ready to be shipped.**

# WHEN TO COLLECT

**Men, and women without periods or after menopause:** any day.

**Women with periods, or in perimenopause:** collect **6–9 days before your cycle ends** (days 19–22 of a 28-day cycle).

**Rules for Collection Day**

- **Do not drink alcohol** 24 hours before or on collection day.
- **Do not drink more than 8 oz (1 cup)** of caffeine drinks.
- **Do not drink more than 40 oz (5 cups)** of fluids.
- **Do not brush or floss** until after your +60 MIN and BEDTIME saliva samples.

## Collection Day

**5 URINE TUBES** — WAKING 1 | WAKING 2 | +2 HRS | DINNER | BEDTIME

**6 SALIVA TUBES** — WAKING | +30 MIN | +60 MIN | DINNER | BEDTIME | OPTIONAL

### OPTIONAL
Saliva
**Collect once** if you wake up overnight

### WAKING
Urine ×2 | Saliva
**Collect** within 5 minutes of waking

### +30 MIN
Saliva
**Collect** 30 minutes after you wake up

### +60 MIN
Saliva
**Collect** 60 minutes after you wake up

### +2 HOURS
Urine
**Collect** 2 hours after you wake up

### DINNER
Urine | Saliva
**Collect** before you eat dinner

### BEDTIME
Urine | Saliva
**Collect** before you go to bed

**Do not eat or drink** from waking until after the +60 min sample

Rinse mouth with water **10 min before these samples**

# HORMONE ZOOMER PREPARATION

**For 48 hours BEFORE collecting**

## AVOID:



Bananas



Fava beans



Creatine

If you had any, please write it on your questionnaire.

**Ask your provider first** if you take any of these supplements:

Tyrosine | L-Dopa | D,L-Phenylalanine (DLPA) | Mucuna | Quercetin

## Taking Hormones?

### Do

- Use hormone **creams or gels** as directed.
- Take **oral progesterone** (by mouth) at bedtime.
- Using **patches, pellets, or shots**? Collect midway between doses.
- Take **morning doses** after the **+2 HOURS** sample.
- Take **night doses** after the **BEDTIME** sample.

### Don't

- **No DHEA, estrogen, or pregnenolone** by mouth or under the tongue for **72 hours (3 days)** before collecting.
- **Do not skip** birth control doses unless your provider tells you to.

### Ask your provider first

If you take steroid medicines (glucocorticoids, such as prednisone or dexamethasone), hormones under the tongue, or hydrocortisone by mouth.

# Hormone Zoomer

## Collection Instructions

URINE + SALIVA

Scan this QR code with your phone to see the preparation and collection instructions.

QR CODE PLACEHOLDER

**Any Questions?**

**1-866-364-0963** · 7 AM – 6 PM PT

**support@vibrant-wellness.com**

## Test Kit Contents

- **1** Collection cup
- **4** Transfer pipettes
- **1** Biohazard bag with absorbent pad
- **1** Prepaid FedEx return envelope

**5** Urine tubes: WAKING 1 | WAKING 2 | +2 HRS | DINNER | BEDTIME

**6** Salivette tubes: WAKING | +30 MIN | +60 MIN | DINNER | BEDTIME | OPTIONAL

## How to Return

**STEP 1** Make sure each tube is clearly labeled with your **name, date of birth, date of collection, and time.** **If this information is missing, your sample will be rejected.**

**STEP 2** Place the saliva and urine tubes in the specimen bag.

**STEP 3** Include the completed questionnaire.

**STEP 4** Place the samples inside the return envelope.

**STEP 5** Attach the prepaid label.

**STEP 6** Drop it off at the carrier's pickup location.

**STEP 7** **When to return:** Freeze the samples until they are ready to be shipped. **Ship them within 24–48 hours of collection.**