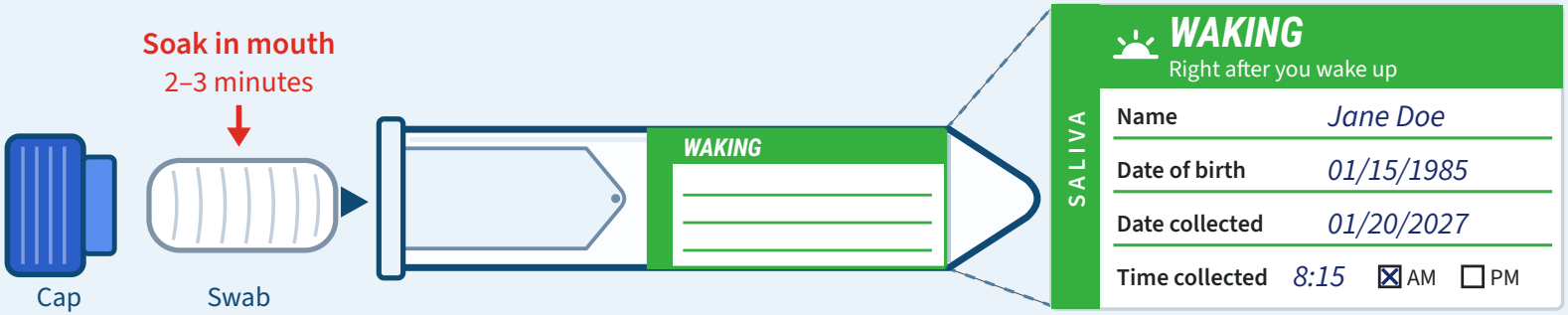
HORMONE TEST INSTRUCTIONS

How to Collect Salivette



STEP 1 Label each Salivette 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 64 oz (8 cups)** of fluids.
- **Do not brush or floss** until after your +60 MIN and BEDTIME Salivette samples.

Collection Day

OPTIONAL — Salivette
Collect once if you wake up overnight

WAKING — Salivette
Collect within 5 minutes of waking

+30 MIN — Salivette
Collect 30 minutes after you wake up

+60 MIN — Salivette
Collect 60 minutes after you wake up

DINNER — Salivette
Collect before you eat dinner

BEDTIME — Salivette
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 TEST PREPARATIONS

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 **+60 MIN** 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 Test

Collection Instructions

SALIVETTE

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

Salivette box

6 Salivette tubes



1 Biohazard bag (with absorbent pad)

1 Prepaid return envelope

1 Prepaid return label

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 Take the specimen bag out of the freezer (if frozen). **Make sure the bag is sealed.**

STEP 3 Place the 6 Salivette tube samples (along with the 5 urine tubes) inside the return envelope.

STEP 4 Attach the prepaid label.

STEP 5 Drop it off at the carrier's pickup location.

STEP 6 **When to return:** Freeze the samples until they are ready to be shipped. **Ship them within 24–48 hours of collection.**