

Salivary Hormones

Uncover the Hormone Patterns Driving Your Symptoms

Feeling drained, foggy, moody, or stuck with stubborn weight changes? Trouble sleeping or riding an emotional rollercoaster? Your hormones could be the missing link.

The **Salivary Hormones** Test offers a simple, non-invasive way to see how your hormone levels shift throughout the day, tracking key messengers like cortisol, estrogen, progesterone, DHEA, and testosterone that influence energy, metabolism, mood, and reproductive health.

Unlike standard blood tests that capture just one moment in time, this panel collects multiple saliva samples over the day to map your natural hormone rhythms, including the **Cortisol Awakening Response (CAR)**, a critical marker of adrenal health and stress resilience. This helps reveal subtle imbalances that may be driving burnout, PMS, thyroid concerns, menopause symptoms, or chronic stress patterns.

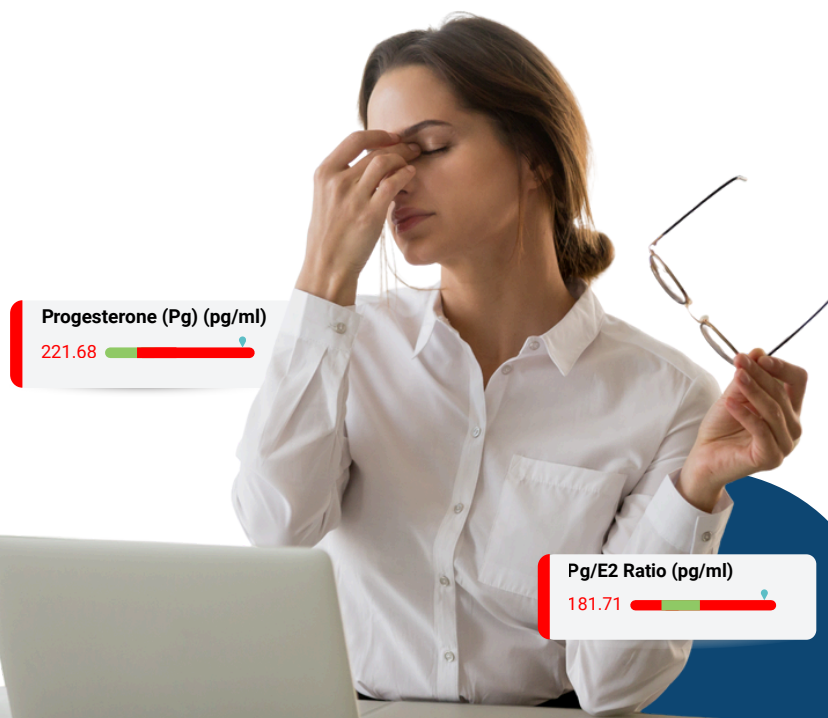
Armed with clinically validated results and a personalized interpretation, your healthcare provider can design a precise plan to restore balance, improve resilience, and help you feel your best—naturally and sustainably.

How It Works

The Salivary Hormones test is a simple, at-home collection that measures daily patterns of key hormone levels through multiple saliva samples. It evaluates cortisol, DHEA, estrogen, progesterone, and testosterone imbalances—providing insight into your adrenal function, stress response, and sex hormone regulation. This test captures real-time fluctuations often missed in traditional blood tests, helping uncover hidden drivers of fatigue, mood shifts, sleep issues, and metabolic changes. With clear visuals and personalized insights, your provider can design a focused plan to support hormone balance and optimize your long-term wellness.

Why Choose the Salivary Hormone Test?

- **Uncover Hidden Hormone Imbalances:** Measures key sex and stress hormones—including cortisol, DHEA, estrogen, progesterone, and testosterone—that may impact energy, mood, weight, and reproductive health.
- **Track Diurnal Cortisol Rhythm & Stress Response:** Captures multiple samples throughout the day to evaluate cortisol awakening response (CAR) and daily adrenal patterns, offering insights into burnout, fatigue, and chronic stress.
- **Personalize Support for Hormone-Driven Symptoms:** Highlights imbalances that may contribute to PMS, perimenopause, low libido, irregular cycles, or thyroid disruption—guiding more precise, root-cause care.
- **Monitor Non-Invasive, At-Home Results Over Time:** Saliva collection makes it easy to retest and monitor hormone trends, supporting proactive hormone optimization without blood draws.



Key Markers Include:

- **Estradiol, Estrone & Estriol (Estrogen Balance):** Assesses the body's primary estrogens to evaluate hormone metabolism and detect imbalances that may drive symptoms like heavy periods, mood swings, or estrogen dominance.
 - **Progesterone & Pg/E2 Ratio (Cycle Regulation):** Measures progesterone and its ratio to estradiol to support insights into ovulation, menstrual cycle health, and hormone synergy linked to fertility and PMS.
 - **Testosterone & DHEA-S (Androgen & Adrenal Reserve):** Evaluates key androgens that impact libido, motivation, stress adaptation, and metabolic health, often reduced in chronic stress or aging.
 - **Cortisol & Cortisol Awakening Response (HPA Axis Function):** Captures six daily measurements, including the CAR, to map adrenal rhythm and stress resilience, revealing patterns linked to fatigue, burnout, mood changes, and disrupted circadian rhythms.
- Cortisone (Cortisol Clearance):** Provides insight into how the body processes and deactivates cortisol, revealing metabolic patterns that may influence inflammation, fatigue, and adrenal load.

The Salivary Hormones test offers a real-time view of sex and stress hormone patterns, helping pinpoint hidden causes of fatigue, mood instability, metabolic changes, low libido, and poor stress tolerance. By integrating CAR with diurnal mapping, it delivers one of the most complete hormone rhythm assessments available.



Who Should Take This Test?

- **Chronic Fatigue or Sleep Disruption?** Cortisol imbalances across the day may underlie low energy, poor sleep quality, or difficulty waking—this test identifies adrenal rhythm patterns.
- **Irregular Cycles or Hormone-Related Symptoms?** Symptoms like heavy periods, cramping, or breast tenderness can reflect estrogen-progesterone imbalance, this panel measures both.
- **Low Libido, Hair Thinning, or Mental Fog?** Reduced testosterone or DHEA-S may contribute to decreased motivation, cognitive slowing, and metabolic changes—this test provides clarity.
- **Long-Term Stress or Burnout Recovery?** Multi-point cortisol and cortisone testing, including the Cortisol Awakening Response (CAR), evaluates HPA axis resilience and the lingering effects of chronic stress.
- **Monitoring Hormones Non-Invasively Over Time?** Salivary testing enables trend tracking for patients in active treatment or preventive care without the need for blood draws.

Take the First Step Towards Better Health

If you're living with fatigue, brain fog, mood changes, or hormone-related symptoms, your adrenal and sex hormones may be sending important signals. The Salivary Hormones Test captures your body's real-time hormone patterns, providing clear data and actionable insights to help restore balance, strengthen stress resilience, and support overall vitality. Talk to your healthcare provider today and take the next step toward better energy, focus, and long-term wellness.

Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.