

Please Note...

Results and information are for personal use only, are not intended to diagnose, cure, mitigate, treat, or prevent disease or other conditions, and are not intended to provide a determination or assessment of the state of health. Many factors influence hormone status and this product evaluates only three of these factors. Always consult with a licensed health care professional to interpret screen results and/or make health care decisions. This screen was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

Shipping Instructions...

- ❖ Call Federal Express toll-free number, 800-463-3339 to return a package using Federal Express Billable Stamps. *Kits must be sent Monday–Thursday only.*
- ❖ Unfold the prepaid mailing envelope, print your name and address in the section marked “From”. DO NOT mark or write in any other sections.
- ❖ Keep your shipment number for future reference and tracking purposes.
- ❖ Not following the collection and shipping instructions may impact your test results.

Important: Freeze your samples immediately after collection. If your samples were collected Thursday-Sunday, keep the samples frozen and mail the next Monday.

Due to current New York State regulations, we are unable to process samples from residents of New York or samples that are collected in New York.

BodyBalance

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BodyBalance is a division of Dr. Murray Natural Living, Inc.

INSTRUCTIONS

FemaleCheck

SALIVARY HORMONE ANALYSIS FOR ESTRADIOL,
PROGESTERONE & TESTOSTERONE

About This Wellness Screen...

FemaleCheck is an accurate and reliable way to monitor three key hormones that are important to women: estradiol, progesterone, and testosterone.

Hormone replacement therapy (especially skin creams) is likely to significantly affect salivary results, causing them to be outside the normal range. Oral contraceptives are likely to significantly decrease salivary results below the normal range. If you are taking these substances, or have recently, consult your healthcare provider before taking this screen.

Your Questions Answered...

Does saliva provide an accurate measure of hormone levels?

Saliva screening is a simple, non-invasive way to determine your hormone levels. Saliva results reveal the level of "unbound" hormones in the blood, those directly available to cells in your body.

I use a hormone cream. Will this affect my results?

Yes, hormone creams tend to cause salivary results for the supplemented hormone to be well above the reference range, yet may NOT correlate with excess levels in your body. This increase may last for weeks to months after discontinuing use. We recommend that you not take this screen without first consulting your health care provider if you are, or have recently taken these substances.

I have had a hysterectomy, but only my uterus was removed. When should I collect?

A partial hysterectomy (removal of the uterus only) may still feature ovulatory cycles for awhile, despite the fact that you no longer have periods. If you have cyclic symptoms, collect your saliva during this time. If you do NOT have cyclic symptoms collect on any day. A comprehensive work-up by your health care provider is recommended for a thorough assessment.

I seem to be close to menopause, but I still have an occasional period. When should I collect?

As you approach menopause, hormone levels may fluctuate significantly before finally declining. We recommend that you either collect during cyclic symptoms, or wait for a period, and collect according to your last cycle length. Because this is a time when hormone activity may be erratic, a more comprehensive work-up by your health care provider is recommended.

Before You Start...

PLAN TO RISE FOR THE DAY BETWEEN 6AM AND 8AM. COLLECT SALIVA SAMPLE ONE HOUR AFTER RISING.

In order to apply the appropriate reference ranges to your hormone screen results, it is important that you observe the following instructions regarding specimen collection:

❖ **If you have regular menstrual cycles:** Count the first day of your period as Day 1, and use the following table for your first specimen collection. It might help to mark a calendar.

Cycle Length	Days of Collection	Cycle Length	Days of Collection
21 days	Day 14 and 15	31 days	Day 24 and 25
22 days	Day 15 and 16	32 days	Day 25 and 26
23 days	Day 16 and 17	33 days	Day 26 and 27
24 days	Day 17 and 18	34 days	Day 27 and 28
25 days	Day 18 and 19	35 days	Day 28 and 29
26 days	Day 19 and 20	36 days	Day 29 and 30
27 days	Day 20 and 21	37 days	Day 30 and 31
28 days	Day 21 and 22	38 days	Day 31 and 32
29 days	Day 22 and 23	39 days	Day 32 and 33
30 days	Day 23 and 24	40 days	Day 33 and 34

❖ **If you have intermittent menstrual cycles:** Either wait for your next period to start and collect your first saliva specimen according to the table above (going by the length of your last sequential cycles)... OR... Collect your first saliva specimen on the day when you have troublesome cyclic symptoms such as headache, mood swings, bloating, etc.

❖ **If you are post-menopausal (no menses for 12 months) or have had a complete hysterectomy (removal of both uterus and ovaries):** Collect first saliva specimen on any day and check box on request form.

❖ Each saliva sample should be collected at 8 o'clock in the morning BEFORE you have had anything to eat or drink and without toothbrushing, flossing, mouthwash, or gum chewing preceding the collection. You may only have water before collecting the sample.

❖ **For your second day collection:** collect your specimen the day after you have collected your first specimen.

❖ Be sure to fill the collection tubes until the liquid saliva level reaches the 3-ml mark for each collection.

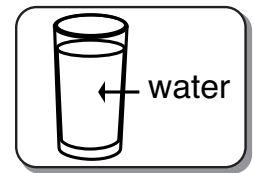
❖ Specimens must be received at the laboratory Monday-Friday. If specimens are collected on Thursday-Sunday, *keep samples frozen* and ship to the laboratory on Monday.

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Saliva Collection...

1

Before beginning, wash hands thoroughly with soap and water. Rinse your mouth with cold water. Spit out water completely. During collection, do not cough or clear your throat into the collection tube.



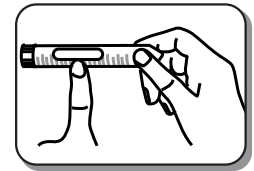
2

First day morning collection: Using the collection tube provided, fill until the liquid saliva level reaches the 3-ml mark. To reduce a foamy saliva collection, tap the tube on a hard surface. **Insufficient saliva samples cannot be processed.**



3

Make sure you replace cap tightly to prevent leakage. Write your name, date and day of cycle (if applicable) on the label and Hormone Screen Request Form. Place label onto the tube and freeze tube immediately. Place Gel pack in freezer.



4

Second day morning collection: On the day following your first collection, repeat the collection procedure described in steps 1- 2, using the other collection tube. Replace cap tightly on tube to prevent leakage. Write your name, date and day of cycle (if applicable) on the label. Place the label onto the tube and freeze tube immediately. Freeze the tube for a minimum of 2 hours before shipping. Keep samples frozen until ready to ship.



5

When ready to ship, place Gel pack into foam box first; then place tubes on top of Gel pack. Place lid on foam box and secure the lid with a rubber band.

6

Place the foam box into the biohazard bag along with the **completed and signed Hormone Screen Request Form**. Enclose the biohazard bag in the return cardboard box provided. Place the box into the prepaid mailing envelope. *See shipping instructions on the reverse side.*



Be sure to follow instructions thoroughly and fill in the enclosed Hormone Screen Request Form completely before mailing. Insufficient saliva samples cannot be processed.