

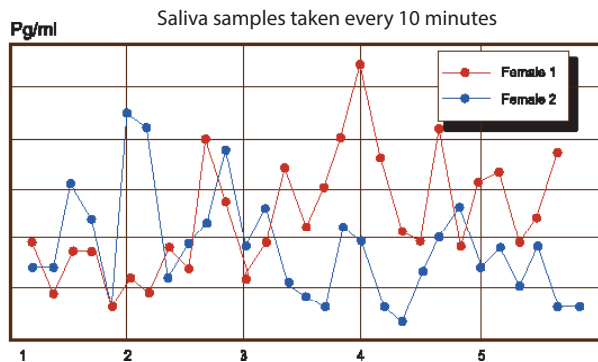


# POOLED TUBE PROVIDES MORE ACCURATE SEX HORMONE LEVELS

**Sex hormone (E2, Pg, T, DHEA) levels fluctuate throughout the day as well as throughout the month, while other hormones, like cortisol, have a predictable diurnal rhythm. As a result, many lab measurements will give falsely elevated or depressed values if only evaluating one sampling for the sex hormones.**

The graph below shows the measured salivary estradiol levels (in pg/ml) of two females during the luteal phase, with samples taken **every 10 minutes**. As you can see, the estrogen levels are fluctuating continuously and quite dramatically. Imagine if you had only measured one sampling...say in the morning? It may alter your assessment and lead you to incorrect treatment choices.

## Diurnal Changes of Saliva Estradiol in a Female During Luteal Phase



## Labrix Measures Sex Hormones from a Fifth Pooled Tube

When saliva kits are received by our lab, a fifth tube of saliva is created by pooling a measured sample from each of the four submitted tubes. This fifth pooled tube is mixed thoroughly to provide **homogenization** and becomes the source from which estradiol, progesterone, testosterone and DHEA are measured. The pooling of these **multiple samples throughout the day** enables us to provide

Health Disclaimer: All information given about health conditions, treatments, products and dosages are not intended to be a substitute for professional medical advice, diagnosis or treatment.

Updated 5/2020

a much better reflection of each patient's hormonal status. It is essentially an average of the four submitted samples and more accurately reflects the physiologic hormone levels.



## Cortisol Levels are Measured from Four Timed Samples

Cortisol levels are measured from the original four saliva tubes to provide an assessment of the natural diurnal rhythm of cortisol. Cortisol should be highest in the morning, and gradually taper throughout the day. Knowing the time of day that a sample was collected is **critical to accurate interpretation** of the cortisol levels.

