



## Salivary Cortisol collection process – “4 Point Cortisol”

You are to collect 4 separate saliva specimens over the course of a single day. Each collection will take approximately 10 to 15 minutes.

#1 - The first collection should occur precisely at **30 minutes** after awakening. You may have a drink of water when you first awaken but otherwise avoid coffee, caffeinated beverages, exercise, food, or brushing your teeth until after the saliva collection. Of the 4 tubes in the kit, the largest tube is the one used to collect the morning specimen.

#2 - The second collection should be around **noon**. Again avoid coffee or food one hour before collection. Also do not exercise prior to any collection.

#3 - The third collection should occur around **4:00 PM**.

#4 - The fourth collection just before **bedtime**.

Avoid coffee, caffeine beverages, exercise or food an hour before EACH collection.

Store the specimens in the refrigerator until all have been completed. Mail the specimens to ZRT Lab, all shipping materials are provided in the kit. Results return in approximately 2 weeks and will be discussed at your next appointment.

Cortisol is a hormone you produce every day that stimulates proper energy output. It peaks 30 minutes after awakening and then gradually falls throughout the day. This test allows us to view your daily running average and is far more sensitive than a blood test for uncovering abnormalities in your cortisol production.

The adrenal glands make cortisol under the direction of the brain. The amount of cortisol dictates the relative levels and function of all other hormones including insulin, testosterone, estrogen, and progesterone. Abnormalities in cortisol regulation can affect every conceivable aspect of your health including gut, brain, immune, heart and musculoskeletal systems.