



# Dried Urine- Testing Options

Test Code 1501-1510

## Metabolites Profiles

Five profiles give a broad range of choices for an assessment of how patients are metabolizing a variety of hormones.

They include:

- ▶ A wide array of estrogen, progesterone, and androgen metabolites useful for assessment of breast cancer risk
- ▶ Glucocorticoid metabolites, diurnal free cortisol, and diurnal free cortisone for adrenal assessment
- ▶ Diurnal 6-sulfatoxymelatonin (MT6s) to assess sleep / wake cycle dysfunction
- ▶ The xenoestrogen Bisphenol A (BPA)

Sex steroid hormone metabolites results are useful for monitoring hormone therapy patients using patches, pellets or injectables.



### Adrenal Profile

**A picture of adrenal hormone metabolism.**

Consider for patients with adrenal dysfunction or stress. Useful as a second step of testing for those with adrenal fatigue symptoms, but whose saliva cortisol levels are normal (i.e., may indicate hyperexcretion of cortisol / excessive conversion to cortisone). Useful as a screening test for Addison's or Cushing's disease.



### Estrogen Essential Profile

**A baseline view of how a patient is metabolizing estrogens.**

Consider for anyone with a personal or family history of estrogen-dependent cancer (e.g., breast cancer).



### Estrogen Elite Profile

**Estrogen, progesterone, and select androgen metabolites with BPA.**

Consider for anyone with a personal or family history of estrogen-dependent cancer (e.g., breast cancer), patients with symptoms of estrogen/progesterone imbalance, men with prostate cancer risk, or patients who want to assess their exposure to BPA.



### Basic Profile

**A baseline view of sex steroid hormone metabolite levels plus total cortisol.**

Consider as a baseline assessment for hormone replacement therapy.



### Advanced Profile

**Our broadest view of sex steroid hormone metabolite levels and cortisol metabolism, with full diurnal melatonin and BPA.** Consider as a comprehensive assessment for patients at risk of breast cancer, patients with symptoms of estrogen / progesterone imbalance, men with prostate problems, and patients who want to assess exposure to BPA. Also beneficial for patients struggling with weight or insulin resistance, who have signs of adrenal dysfunction, or who have sleep problems affecting health.

## What Does Each Profile Include?

Urine Metabolites Profile Options	Adrenal	Estrogen Essential	Estrogen Elite	Basic	Advanced
<b>ESTROGENS</b>					
Estradiol (E2)		●	●	●	●
Estrone (E1)		●	●	●	●
Estriol (E3)		●	●	●	●
2-Hydroxy Estradiol (2-OH E2)		●	●		●
2-Hydroxy Estrone (2-OH E1)		●	●		●
4-Hydroxy Estradiol (4-OH E2)		●	●		●
4-Hydroxy Estrone (4-OH E1)		●	●		●
16 $\alpha$ -Hydroxy Estrone (16 $\alpha$ -OH E1)		●	●		●
2-Methoxy Estradiol (2-MeO E2)		●	●		●
2-Methoxy Estrone (2-MeO E1)		●	●		●
4-Methoxy Estradiol (4-MeO E2)		●	●		●
4-Methoxy Estrone (4-MeO E1)		●	●		●
Bisphenol A (BPA)			●		●
<b>PROGESTOGENS</b>					
Pregnanediol (Pgdiol)			●	●	●
Allopregnanolone (APglone)			●	●	●
Allopregnanediol (APgdiol)					●
3 $\alpha$ -Dihydroprogesterone (3 $\alpha$ HP)					●
20 $\alpha$ -Dihydroprogesterone (20 $\alpha$ HP)					●
Deoxycorticosterone (DOC)					●
Corticosterone (CORT)					●
<b>ANDROGENS</b>					
DHEA (D)	●		●	●	●
Androstenedione (A)			●	●	●
Androsterone (Andro)					●
Etiocholanolone (Etio)					●
Testosterone (T)			●	●	●
Epi-Testosterone (Epi-T)			●	●	●
5 $\alpha$ -Dihydrotestosterone (5 $\alpha$ -DHT)			●	●	●
5 $\alpha$ ,3 $\alpha$ -Androstanediol (5 $\alpha$ 3 $\alpha$ )					●
<b>GLUCOCORTICOIDS</b>					
Total Cortisol (F(GC))	●			●	●
Free Cortisol x4 (F(LC)x4)	●				●
Total Cortisone (E(GC))	●				●
Free Cortisone x4 (E(LC)x4)	●				●
Tetrahydrocortisol (THF)	●				●
Tetrahydrocortisone (THE)	●				●
Melatonin x4 (MT6s x4)					●

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The test reports are the most comprehensive results available anywhere.

Our reports combine patients’ test levels with self-reported symptoms that are then interpreted in a set of individualised comments — all giving health care providers’ unparalleled insight into patient conditions. Key features of the report include:

### ▶ Results

TEST NAME	RESULTS   07/24/18	04/09/18
<b>Salivary Steroids</b>		
Estradiol	2.2	4.7
Progesterone	73 <sup>(1)</sup>	22 <sup>(2)</sup>
Ratio: Pg/E2	33 L	5 L
Testosterone	35	15 L
DHEAS	5.0	2.3
Cortisol	9.0	8.1
Cortisol	1.5	1.9
Cortisol	0.7	0.5 L
Cortisol	0.4	0.4

- ▶ Results for each test are shown on a color-coded slider.
  - **Red:** Outside the Range
  - **Yellow:** High/Low Normal
  - **Green:** Within Range
- ▶ This report will show historical test results, if available. These results are displayed directly next to the current results, so it’s easy to see changes over time.

### ▶ Ranges

RANGE
0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3)
<sup>(1)</sup> 30-300 pg/mL Oral Progesterone (100-300 mg)
<sup>(2)</sup> 12-100 pg/mL Postmenopausal
Optimal: 100-500 when E2 1.3-3.3 pg/mL
16-55 pg/mL (Age Dependent)
2-23 ng/mL (Age Dependent)
3.7-9.5 ng/mL (morning)
1.2-3.0 ng/mL (noon)
0.6-1.9 ng/mL (evening)

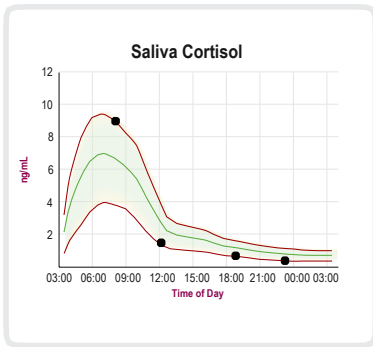
- ▶ NutriPATH reports the normal / expected range of each marker tested. **Note:** If applicable, optimal ranges are provided.
- ▶ Reference ranges are observed ranges based on collected laboratory data. Unlike other labs, patients do not need to stop hormone supplementation to use testing because we have ranges adjusted for age, menstrual status and supplementation types. This is the ideal method for tracking the effectiveness of hormone treatments.
- ▶ Providers can opt to show all reference ranges for the tests included on a separate page of the report.

### ▶ Therapies

**Therapies**  
 07/24/2018: 0.5mg topical Biestrogen (1:1 50/50 E3 + E2) (compounded) (23 Hb 0.5mg topical Testosterone (compounded) (22 Hours Last Used) 10mg topical DH (Pharmaceutical) (1 Days Last Used) 5000IU oral Vitamin D (unknown type) (OT C  
 04/09/2018: 1mg oral Estradiol (compounded) (23 Hours Last Used)

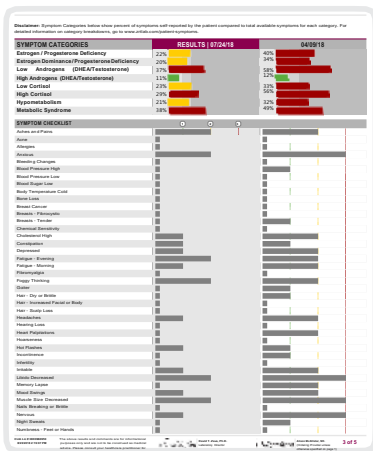
- ▶ The reports display patient-provided supplementation information (hormone, dose, delivery, timing).

## ▶ Graphs



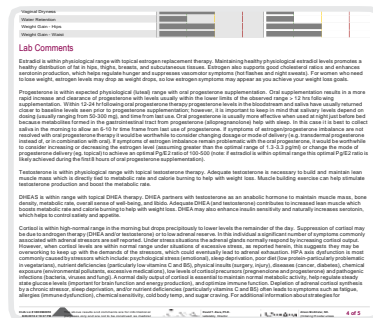
- ▶ Graphs show reported levels by age or time to assist interpretation.
- ▶ For hormones that vary by time of day like cortisol and melatonin, the graph shows the range as it changes over the course of a day and the test results are plotted on the graph according to the actual time of day the sample was collected. Ranges within the graphs are color-coded to show the degree of variation from the center of the normal range.
- ▶ For hormones that vary in level with age, reports include graphs based on our database of testers not using hormone supplementation, showing the variation in levels with age. The test result is marked on each graph to indicate where the result falls in relation to the observed range for the tester's actual age.

## ▶ Symptoms



- ▶ 68 symptoms self-reported by patient.
- ▶ Symptoms rated mild, moderate or severe.
- ▶ Patient symptoms are summarized into 8 hormone imbalance conditions and scored with red, yellow or green bars to indicate severity.
- ▶ Please refer to the Symptom Guide for details about symptom categories.

## ▶ Comments



- ▶ Individualized comments synthesize age, menstrual status, lab results, symptoms and current treatments.
- ▶ Relevant literature is cited within the comments.
- ▶ Self-reported symptoms do not influence lab results, but are included in the individualized comments as they relate back to lab results.



Test results are generally available 10-12 business days after samples are received at the lab.