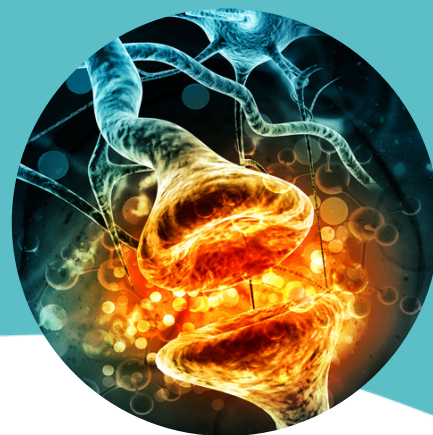# Salivary Hormones

Who Will Benefit from the Salivary Hormones Test?

The Salivary Hormones test measures levels of important reproductive and metabolic hormones in the body that relate to energy, weight fluctuations, water retention, muscle loss or gain, sleep, mood, and cognitive function. The primary benefit of salivary testing is that steroid hormones collected from saliva are unconjugated and/or bioavailable rather than the total, or protein bound hormones which are typically measured in serum.

Hormones are essential chemical messengers which regulate routine processes in the body. This test is helpful in the evaluation of sex steroid imbalance such as deficiency or excess of estrogen, progesterone, or testosterone/DHEAS-S. This panel also helps to assess adrenal function and conditions relating to excess or deficiency of cortisol, as well as HPA axis imbalance. Adrenal function testing can also offer insight into neurotransmitter levels and mood disorders.

Recognizing Symptoms of Hormonal Imbalances

Symptoms include:

- Hot flashes
- Night sweats
- Headaches
- Hair loss
- Poor sleep
- Anxiety
- Depression
- Stress
- Low libido
- Memory lapse
- Sugar cravings
- Weight gain
- Dry, dull appearance of skin
- Poor stamina
- Decreased muscle mass/strength
- Neck/back pain
- Decreased urinary flow (men)
- Thinning hair, eyebrows, or eyelashes
- Erectile dysfunction
- Apathy/mood changes
- Poor cognition
- Brain fog
- Fatigue
- Chronic Irritability
- Increased facial hair/acne
- Irregular menstrual cycles

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Why is This Test Important?

- Hormone imbalances can affect a wide range of body functions, negatively affect quality of life, and increase the risk of hormone-related diseases such as hormone-sensitive cancers.
- Hormones, especially adrenal hormones, are interconnected with neurotransmitters. An imbalance in adrenal and sex hormones could lead to neurotransmitter imbalances which could revert back to cause hormonal imbalances, resulting in a vicious cycle.
- The Vibrant Wellness Salivary Hormones panel helps differentiate between hormonal imbalance and other common conditions with overlapping symptoms, so you can get to the root cause of your symptoms and follow a personalized wellness plan.
- The Salivary Hormones panel helps evaluate cortisol and cortisone levels and can detect hypercortisolism and hypocorticolism.
- The Vibrant Wellness Salivary Hormones test detects tissue levels of topical hormones to help you prevent overdosages of hormone-containing topical creams and gels.

The Vibrant Wellness Advantage

Simple testing with robust results. Perform the Salivary Hormones panel in the comfort of your home.

Unparalleled specificity and sensitivity. Our proprietary technology detects:
- Steroid hormones and topical hormones
- Saliva cortisol and saliva cortisone

Validated and accredited. Science-backed testing and analysis based on rigorous, ongoing research by clinical experts.

What to Expect from the Test

1. Follow our simple instructions to perform this saliva test at home or at a practitioner's office.
2. Before testing:
   - You do not need to fast before your Salivary Hormones test.
   - Saliva testing is not recommended with troche or sublingual therapies; talk to your healthcare provider for other testing options.
   - Talk to your healthcare provider about supplemental hormone and steroid use and appropriate testing timing.
3. Send the test to our labs for analysis and work with your care provider to understand the results.

About Vibrant Wellness

Vibrant Wellness is a leading CLIA-certified and CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.

We're at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing—not guessing.