



**“Customized, Patient Specific, Compounded Medications”**

**Town & Country Compounding / ZRT Patient Saliva Testing**



**Saliva Testing**

Saliva testing is a convenient, inexpensive, and above all, accurate means of testing steroid hormones. Scientific studies have shown a strong correlation between steroid hormone levels in saliva and the amount of hormone in the blood that is active or "bioavailable." It is this fraction of total hormone that is free to enter the target tissues in the brain, uterus, skin, and breasts.

Saliva testing can be done anywhere anytime. Testing that relies on blood drawn in the doctor's office makes it harder to obtain samples at specific times (such as in the early morning) or multiple times during the day. In addition, hormones in saliva are exceptionally stable and can be stored at room temperature for up to a week without affecting the accuracy of the result. This offers maximum flexibility in sample collection and shipment.

**Hormones we test in saliva include:**

<ul style="list-style-type: none"> <li>• Estradiol (E2)</li> <li>• Estrone (E1)</li> <li>• Estriol (E3)</li> <li>• Progesterone (Pg)</li> <li>• Testosterone, (T)</li> </ul>	<ul style="list-style-type: none"> <li>• DHEA-S (Ds)</li> <li>• Cortisol (C)</li> </ul>
<p>Female/Male Saliva Profile I (E2, Pg, T, DS, &amp; C)</p> <p>Female/Male Saliva Profile II (E2, Pg, T, DS, &amp; C x 2)</p>	<p>Female/Male Saliva Profile III (E2, Pg, T, DS, &amp; C x 4)</p>