

## ABOUT NORDIC

Nordic Laboratories was founded in 1998 with the goal to provide patients and practitioners with clear, reliable laboratory test results. Since then, we've become a leading European laboratory test distributor. We are completely independent and, as a result, are able to choose laboratory assessments from a wide range of suppliers, based on the individual quality and value of each test.

Our commitment to deliver the highest-quality laboratory evaluations is valued by clients from Scandinavia to Spain, the US to the UK, Hong Kong, the Middle East, and South Africa.

As a part of the Nordic Group of companies, we are intent on incorporating a functional medicine approach into modern medicine. Our passion for health and sustainability is reflected in everything we do.



<b>Head Office:</b>	<b>UK Office:</b>
Nygade 6, 3.sal	11 Old Factory Buildings
1164 Copenhagen K	Stonegate
Denmark	E. Sussex TN5 7DU
+45 33 75 10 00	+44 (0)1580 201 687

[www.nordic-labs.com](http://www.nordic-labs.com) [info@nordic-labs.com](mailto:info@nordic-labs.com)



## Comprehensive Urinary Hormone Profile

**A 3-in-1 Hormone Test**



HEALTHCARE  
FOR THE  
**FUTURE**

[www.nordic-labs.com](http://www.nordic-labs.com)

## HORMONES AND HEALTH

Proper hormone function is vital to health, and hormone imbalance can effect conditions from depression to infertility. They regulate such key processes as metabolism, growth, reproduction, sexual function, and adrenal function. A well-functioning body and well-balanced hormones thus go hand-in-hand.

## HORMONE TESTING

Hormone function is of increasing interest in functional medicine and anti-aging clinics, as hormone imbalance has been recognized as a leading factor in the onset of numerous and varied conditions. Hormone tests help practitioners detect and treat these imbalances. Yet, most hormone tests require 24-hour urine collections, blood draws, or saliva samples, each of which have analytic downsides (see Chart 1 on the following page). Moreover, these collections are inconvenient, can result in incorrect collection, and must be taken as separate tests in order to receive the same comprehensive results. The Comprehensive Urinary Hormone Profile offers a 3-in-1 hormone test using the latest sampling methods.

## 21ST CENTURY PRECISION

The Comprehensive Urinary Hormone Profile is a revolutionary test, combining sex and adrenal hormone assessments. Collections are easily taken and the diurnal pattern of free cortisol (and cortisone) is combined with an extensive metabolic profile. The result is a test that provides a complete view of sex and adrenal hormone function, to grant practitioners new perspective on their patient's complex hormone-related health issues.

Collection requires only 4 dried urine samples. No saliva. No blood draw. No 24-hour urine collection. The sample cards allow convenient collection and portability, for collection at home or on the go. Yet (as seen in Chart 1 on the following page) the Comprehensive Urinary Hormone Profile enables the advantages of the alternatives, without their associated downsides.

Save the multiple collections and patient hassle: test sex hormones, diurnal free cortisol patterns and cortisol metabolites in one simple comprehensive test.

## KEY BENEFITS OF THE COMPREHENSIVE URINARY HORMONE PROFILE:

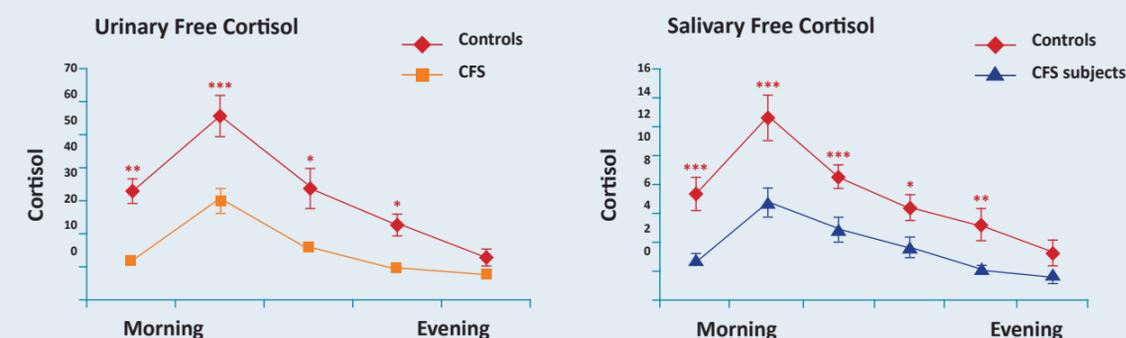
- **Convenient patient collection** – 4 simple dried urine samples
- **Total stress hormone evaluation** – tests daily (diurnal) free cortisol patterns AND cortisol metabolites
- **A more complete clinical view** – tests hormones that are measured in saliva or blood samples, AND ALSO measures estrogen and androgen metabolites
- **More stable hormone levels** – sample represents over half the day rather than a “snap shot” as with blood or saliva testing
- **Advanced testing method** – combined GC-MS/MS and LC-MS/MS testing allows for the greatest accuracy of the analytes, surpassing standard immunoassay reporting

## COMPREHENSIVE URINARY HORMONE PROFILE VS THE ALTERNATIVES

CHART 1.	Serum	Saliva	Urine (24hr)	Dried Urine
Adrenal Hormones	✓	✓	✓	✓
Diurnal Free Cortisol Pattern		✓		✓
Cortisol Metabolism			✓	✓
Sex Hormones	✓	✓	✓	✓
Sex Hormones Metabolites	✓		✓	✓
Easy Collection		✓		✓

The following graphs provide evidence for the validity of dried urine samples.

### Urinary and salivary free cortisol show the same patterns looking at Chronic Fatigue (CFS)



### Dried samples are accurate, convenient and correlate to 24-hr values

