

COLLECTION METHOD

SALIVARY HORMONE

IMPORTANT WHEN COLLECTING DIFFERENT TYPES OF SAMPLES, ALWAYS COLLECT THE BLOOD SAMPLE LAST.

MATERIAL

To conduct this sampling, we provide you with:

- **One tube with a white cap.**

IMPORTANT

The collected saliva must be free of mucus, sputum, and gingival blood.

Collect the saliva sample on an **empty stomach**, in the morning before 10:00 a.m., without brushing your teeth.

Avoid this entirely, as it may skew the result.

- **Bleeding mouth:** Do not take the test if you have bleeding gums or mouth ulcers, as blood may skew the results.
- **Cortisone treatments:** Avoid using corticosteroid creams, sprays, or tablets immediately before the test, particularly when measuring cortisol.

Prohibitions during the 30 to 60 minutes preceding the test.

- Do **not eat**.
- Do **not drink** anything, as coffee, tea, and fruit juices can interfere with the analysis; only a small amount of clear water is permitted.
- **Smoking and vaping** are prohibited.
- Avoid **brushing your teeth** to prevent microbleeding.

BEFORE COLLECTING YOUR SAMPLES: Please consult your doctor to determine whether your current treatment (medication, dietary supplement, etc.) should be temporarily suspended.

STEP 1



Write your first name, surname, date of birth, and the date and time of collection on the label of the provided tube.

STEP 2



Wash your hands thoroughly.

STEP 3



Collect your saliva directly into the tube, filling it to the black line.

STEP 4



Seal the tube and place it in the bag provided for this purpose.