Thyroid Adrenal Hormone Lab Instructions:
*Complete on a work day or a normal stress day*

**Forms & Paperwork:**
Be sure to complete all highlighted sections on the test requisition forms and fill out labels on all sample collection tubes.

**Before You Begin:**
Upon receiving your lab kit please read through the instruction sheet included titled: “Weight Management Testing Instructions”. Please also read through full instructions on this document before collecting samples.

**Women:**
- Regular Cycles: Collect on day 19, 20, or 21 of the menstrual cycle (Day 1 = first day of your period)
- Irregular Cycles: If you know when your period will start, choose 5 days before
- Unpredictable: Collect any day when not bleeding

If you have any questions about the instructions please contact ZRT Labs:
- Phone (US): 866-600-1636
- Phone (International) 1-503-466-2445
- Email: info@zrtlab.com

**Collection: How to Complete the 4 Tube Saliva Test**
Follow the instructions as outlined on the Weight Management Testing Instructions, also please note the following tips:
- Do not brush teeth, eat, drink (except water) at least 2 hours before providing samples
- If needed to produce more saliva swish water around in mouth 5-minutes before sample. Also, smell food or cut a lemon in half and sniff to produce more saliva.
- Be sure to fill out the information required on each test tube
Upon Waking (Large Tube)
- Spit into large tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

12:00pm (or Before Lunch – Small Tube)
- Spit into small tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

3:30-4:00pm (or Before Snack – Small Tube)
- Spit into small tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

Before Bed (Small Tube)
- Spit into small tube and fill half way with liquid saliva
- Seal, fill out label, and place back in bag

For videos instructions on how to collect your Saliva samples please visit: [http://www.zrtlab.com/patients/how-to-collect-your-sample/](http://www.zrtlab.com/patients/how-to-collect-your-sample/)

**Collection: How to Complete the Blood Spot Card**

Follow the instructions as outlined on the Weight Management Testing Instructions, also please note the following tips:

- Use the lancet and push down on the top pad of your ring finger
- Hold your hand below your heart and allow the blood drops to hit the middle of the circle you are trying to fill
- Do not allow finger to touch the paper (just the blood drop)
- Continue to allow blood to drop in the middle of the circle, allowing it to spread and fill the circle completely
- If needed, massage down your finger, moving blood towards the tip, squeezing gently
- Allow blood spot card to dry for 30 minute before mailing
Mailing Sample (Within USA Only)

- Place all contents & forms back in the plastic test kit box and then place in the return packaging provided.
- US ONLY: Attach the pre-paid UPS shipping label and drop off at your nearest UPS location
- **International samples:** You are responsible for arranging shipping and associated costs back to the lab. Please contact your local post office to find the most appropriate way to send internationally (tracking recommended)
- Shipping Address: 8605 SW Creekside Place, Beaverton, OR 97008 USA

Follow Up Appointment

- Once you have mailed in your lab sample please email scheduling@cabralwellnessinstitute.com to set up your follow up appointment to review your results and new wellness recommendations.
- Results are typically ready after 3-4 weeks once samples have reached the lab (international samples may take up to 2 weeks to arrive at lab)

Questions?

Please visit the following page for frequently asked questions about lab testing and shipping: http://www.zrtlab.com/faq/

Instructional Videos can be found here: http://www.zrtlab.com/patients/how-to-collect-your-sample/