



FEMALE HORMONE PANEL

Research has shown that imbalances of Oestrogen and Progesterone, can contribute to osteoporosis, breast cancer, infertility and cardiovascular disease. In response to ageing, stress and other environmental antagonists, hormone production and utilisation can be significantly impaired.

Anyone suffering from the following should consider having the female hormone panel:

- PMS
- Irregular menstrual cycle
- Infertility
- Loss of skin elasticity
- Loss of lean body mass
- Poor muscle and bone development
- Fatigue
- Sleep disorders
- Anxiety/depression
- Loss of libido
- Migraines
- Hot flushes
- Water retention
- Endometriosis and PCOS
- High stress levels
- Osteoporosis



The measurement of the monthly fluctuation in Oestradiol and Progesterone plays a vital role in shaping the course of the menstrual cycle. Prior to menstruation, an imbalance of Progesterone and Oestrogen can produce physical and emotional discomfort for women, causing PMS (loss of sex drive, appetite, mood and sleep patterns). By measuring these hormones the practitioner can determine whether the patient's particular course of treatment is effective.

How does the test work?

The female Hormone panel measures levels of Progesterone and Oestradiol over 28 days, using 12 saliva samples. The collection of these hormones in saliva is a convenient non-invasive and stress-free procedure. In addition, saliva samples reveal critical information about hormones as, unlike blood samples, they represent the free, bio-available fraction of the hormone.

Sample requirements

12-saliva samples taken over 28 days.

Analytes reported

Progesterone Levels
Oestradiol Levels
Progesterone/Oestradiol Balance
Testosterone

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory, you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend