

Frequently-Asked Questions

1. What is cortisol?

Cortisol is a steroid secreted in adrenal gland. It is called a “stress hormone” because it is released in stress. Normally, cortisol is secreted according to a regular pattern throughout the day. Any disrupt in the pattern can cause body dysfunction.

2. Why use saliva as sample for the test?

According to many recent researches, free cortisol is present in saliva, but not in serum or urine. Also, salivary cortisol is stable for 7 days. Sample can also be collected under a stress-less condition, thus not affecting the result of the test.

3. How much saliva is needed for the test?

Seven samples of saliva are required for the test and each requires 2-3ml. They are collected at different time throughout the day to trace the secretion pattern for the day.

4. Do I have to store the saliva samples in the refrigerator or freezer immediately?

No. Studies have shown that salivary cortisol is stable at room temperature for a period of 7 days. However, since it takes time to transport the sample overseas, it is advised to return the sample once you have finished the collection.

5. How can my saliva reflect my stress state?

Cortisol is secreted in the adrenal gland throughout the day. A regular pattern is observed. If there are any abnormal deviations with your pattern, you may encounter a particular stressful condition that may interrupt the secretion pattern. This might be a signal for a change in lifestyle.

6. What is the flow of testing?

After purchasing the test, we would deliver a test kit to your address. You could then follow the instructions within to collect your saliva samples. After that, place the samples back to the kit and return to us. We would then proceed to send to Germany for analysis.

7. What is the precaution before taking sample?

- No hormone treatments or skin cream containing hormones for 24 hours before the sample collection.
 - You are preferred to brush your teeth after the first saliva collection.
 - Do not use mouthwash or other mouth cleansers during the day of saliva collection.
 - No chewing gum during the day of sample collection.
 - Do not collect saliva samples if you have gum disease or have bleeding gums.
 - Do not drink, eat or smoke for 30 minutes before every sample collection.
 - Do not consume alcohol the evening before the day of sample collection.
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8. How accurate is the test?

All sample will be sent to DST Diagnostics in Germany for analysis. DST is certified by the TÜV Rheinland according to EN ISO 13485 for the highest quality. According to the 'Directive of the German Medical Assurance of Tests in Laboratory Medicine', DST Diagnostic has implemented internal controls to verify the test methods and has participated regularly in ring trials for the validity of its analyses.

9. Is the test suitable for all ages?

Both adults and children could do the test.

10. How long does it take to get the report ready?

Generally, the report will be in about 2-3 weeks, including the time for sample logistics and processing.

11. Is there any follow up after testing? If yes, what would it be?

You would receive a 13-page report. When the report is ready, please schedule a time with us to arrange a consultation session to discuss the report. Our in house nutritionist would explain the report and provide recommendations to your case.