

Frequently-Asked Questions

1. What causes stress?

It usually comes from outside in the form of a natural disaster. Continuous stress from either emotional stressors (e.g. work or school), or physical stressors (e.g. Sleep loss or pain) can lead to changes in adrenal hormone levels. This can contribute to disorders ranging from anxiety to infertility.

2. Why the balance of adrenals is so important?

Adrenals in balance produce adequate amount of DHEA and cortisol to generate energy through the day, taking stress in stride. This impacts every process in the body, from energy production and immune activity to cellular maintenance and repair.

3. How does Adrenal Stress Profile help me?

This assessment allows to pinpoint the issues with adrenal gland function as its balance produce adequate amounts of hormones impacts every process in the body.

4. Who benefits from this test?

If you are experiencing aches and pains, sleep disturbances, chronic irritability, weight gain in waist, depression, morning or evening fatigue, sugar or food cravings, susceptibility to infections, diabetes or pre-diabetes or libido.

5. What hormones are measured in this test?

Saliva: DHEAS and Cortisol

6. What sample is required for this test and how do I collect?

For all test patient, collect a total of 4 saliva samples at the following appointed time any day of the month.

- 1st sample – Upon waking (Large tube)
- 2nd sample – Before lunch (Small tube)
- 3rd sample – Before dinner (Small tube)
- 4th sample – Before bed (Small tube)

Saliva collection: <https://www.youtube.com/watch?v=D3z5Q0fSTYQ&t=161s>

- Do not eat, drink (except water) or brush your teeth prior to your first sampling collection of the day and for the 2 hours prior to collecting throughout the day
 - Rinse your mouth with cool water 5 minutes before sampling. Fill the saliva tube to at least half full, bubbles do not count.
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7. Is there any preparation prior to collecting sample?

Avoid anti-aging or anti-wrinkle facial creams for 3 days prior to testing as they may contain undisclosed hormones

8. Is there any restriction on hormone or drug use prior to collecting sample?

- Topical & Oral
 - Continue the use of hormones as prescribed the day before testing. Make sure any night dosage is applied at least 12 hours before planned morning collection.
 - DO NOT use bare hands for topical hormone application for at least 2 days prior to collection (Apply hormone using gloves or another applicator)
 - Avoid using hormones on the face, lips and neck.
 - Change sheets pillow case and hand towels the night before collecting
 - Avoid touching bathroom surfaces which may be contaminated with traces of hormones.

- Patches, Vaginal Rings, Pellets or Injectables
 - Test half-way between doses. For example, collect 3 days after a once-a-week patch, or 2 weeks after a once-a-month injection.
 - 7-Keto DHEA
 - Avoid for 3 days prior to collecting, continue taking regular DHEA as prescribed.
 - Steroids (e.g. glucocorticoids, hydrocortisone, prednisone)
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9. What if I have difficulties in collecting saliva sample?

You may smell food, yawning or pressing the tip of your tongue against your teeth to help with saliva flow.

10. What should I do if I mistakenly collecting saliva?

Rinse the collection tube out with hot water (no soap), shake out the remaining water and air dry to recollect.

11. What should I do if I am not able to submit the sample within 24 hours after collection?

Don't worry, you just have to freeze the saliva sample and leave the dried blood spot card at room temperature until submission.

12. 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 samples. After that, place the samples back to the kit and return to us. We would then proceed to send to the US for analysis.

13. What are the advantages of saliva sample?

- Convenient sample collection at home
 - Easy shipment back to the lab for analysis
 - Samples stable at room temperature for several weeks
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14. When will I receive the test report?

You will receive the test report within 3 weeks. (Including shipment and analysis)

15. What should I do after receiving the report?

You may contact us via info@hkbiotek.com or (852) 2763 1488 for an inclusive face-to-face or phone consultation if you would like to meet our in-house nutritionist for a detailed report interpretation.