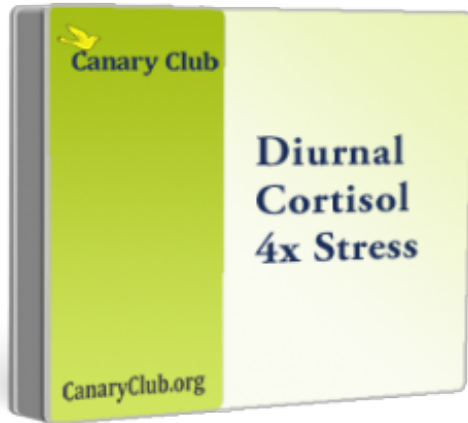


ZRT Diurnal Cortisol 4x Stress



Price: \$129.00

Short Description

A saliva test designed to measure the levels of the hormone cortisol, taken four times in a 24-hour period (morning, noon, evening, and nighttime). The adrenal gland produces the hormone cortisol in response to stress. Prolonged high cortisol production can lead to chronic fatigue, "adrenal burnout" and other health problems. This test samples cortisol levels at 4 times throughout a day, revealing a complete daily cycle.

Description

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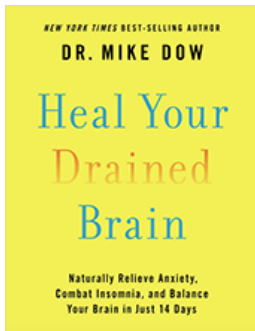
This test samples cortisol levels at 4 times throughout a day, revealing a complete daily cycle. Samples are taken by saliva four times in a 24-hour period (morning, noon, evening, and nighttime). It is recommended for those who experience long-term situational stress and fatigue, an indicator of adrenal imbalance.

The amount of cortisol present in your body undergoes diurnal variation, with the highest levels present in the early morning, and the lowest levels present around midnight, or 3-5 hours after the onset of sleep.

There is also significant individual variation, although a given person tends to have consistent rhythms.

Symptoms of Cortisol Hormone Dysfunction

Irregular patterns of cortisol levels have been observed in connection with abnormal ACTH levels, clinical depression, psychological stress, and physiological stressors such as hypoglycemia, illness, fever, trauma, surgery, pain, physical exertion or extremes of temperature.



Renowned therapist and author Dr. Mike Dow uses our Diurnal Cortisol test to check the stress hormone levels for his clients... and himself!

Adrenal Health Tests

You may be interested in these other Canary Club tests, which further measures your adrenal glands' hormone production:

[Adrenal Stress Test](#)

This test is the same as the Diurnal Cortisol 4x, but **also checks your level of DHEA-S**, an adrenal hormone related to weight issues, adrenal cancer, polycystic ovary syndrome (PCOS) and masculine physical characteristics in women.

[Cortisol Awakening Response \(CAR\)](#)

Extra testing of your morning cortisol levels, plus the full daily cycle as in the Diurnal Cortisol 4x test. This shows how fast your cortisol rises upon waking after a night's sleep.

Test Includes

Lab	
ZRT	Yes
Adrenal	
Diurnal 4X Cortisol	Yes
Sample Type	
Saliva	Yes