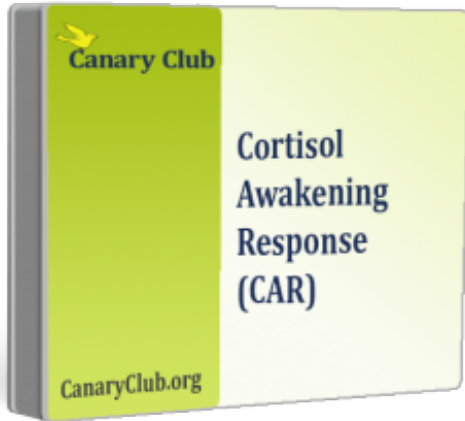


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## ZRT Cortisol Awakening Response - CAR



**Price: \$199.00**

### **Short Description**

The test includes 6 collections of cortisol throughout the day. To capture this response, three – rather than one – morning saliva collections are needed to properly chart the diurnal cortisol curve within 60 minutes of awakening.

### **Description**

The Cortisol Awakening Response – also called CAR – reveals more detailed clues that help in assessing adrenal hormone function. This testing is often useful for cases of PTSD, major depression, chronic fatigue syndrome and other severe stress conditions.

### **Cortisol Awakening Response Sample Collection**

6-Tube Collection: Six cortisol collections in 24 hours is the most common method for assessing CAR. Start saliva collection within five minutes of waking for the day, followed by a second sample at 30 minutes, and a third sample at 60 minutes. The rest of the diurnal rhythm can be assessed at the normal time intervals – noon, evening and night. [Click here for more collection instructions.](#)



## Test Includes

Lab	
ZRT	Yes
Adrenal	
Cortisol	Yes (6 tests)
Sample Type	
Saliva	Yes