

Hormone Metabolites Reference Guide

Hormone Metabolites Profiles

Five profiles give a broad range of choices for an assessment of how patients are metabolizing a variety of hormones.

They include:

- ▶ A wide array of estrogen, progesterone, and androgen metabolites useful for assessment of breast cancer risk
- ▶ Glucocorticoid metabolites, diurnal free cortisol, and diurnal free cortisone for adrenal assessment
- ▶ Diurnal 6-sulfatoxymelatonin (MT6s) to assess sleep / wake cycle dysfunction
- ▶ The xenoestrogen Bisphenol A (BPA)

Sex steroid hormone metabolites results are useful for monitoring hormone therapy patients using patches, pellets or injectables.

Adrenal Profile



A picture of adrenal hormone metabolism.

Consider for patients with adrenal dysfunction or stress. Useful as a second step of testing for those with adrenal fatigue symptoms, but whose saliva cortisol levels are normal (i.e., may indicate hyperexcretion of cortisol / excessive conversion to cortisone). Useful as a screening test for Addison's or Cushing's disease.

Estrogen Essential Profile



A baseline view of how a patient is metabolizing estrogens.

Consider for anyone with a personal or family history of estrogen-dependent cancer (e.g., breast cancer).

Estrogen Elite Profile



Estrogen, progesterone, and select androgen metabolites with BPA.

Consider for anyone with a personal or family history of estrogen-dependent cancer (e.g., breast cancer), patients with symptoms of estrogen/progesterone imbalance, men with prostate cancer risk, or patients who want to assess their exposure to BPA.

Basic Profile



A baseline view of sex steroid hormone metabolite levels plus total cortisol.

Consider as a baseline assessment for hormone replacement therapy.

Advanced Profile



Our broadest view of sex steroid hormone metabolite levels and cortisol metabolism, with full diurnal melatonin and BPA.

Consider as a comprehensive assessment for patients at risk of breast cancer, patients with symptoms of estrogen / progesterone imbalance, men with prostate problems, and patients who want to assess exposure to BPA. Also beneficial for patients struggling with weight or insulin resistance, who have signs of adrenal dysfunction, or who have sleep problems affecting health.

Urine Metabolites Profile Options	Adrenal	Estrogen Essential	Estrogen Elite	Basic	Advanced
ESTROGENS					
Estradiol (E2)		●	●	●	●
Estrone (E1)		●	●	●	●
Estriol (E3)		●	●	●	●
2-Hydroxy Estradiol (2-OH E2)		●	●		●
2-Hydroxy Estrone (2-OH E1)		●	●		●
4-Hydroxy Estradiol (4-OH E2)		●	●		●
4-Hydroxy Estrone (4-OH E1)		●	●		●
16 α -Hydroxy Estrone (16 α -OH E1)		●	●		●
2-Methoxy Estradiol (2-MeO E2)		●	●		●
2-Methoxy Estrone (2-MeO E1)		●	●		●
4-Methoxy Estradiol (4-MeO E2)		●	●		●
4-Methoxy Estrone (4-MeO E1)		●	●		●
Bisphenol A (BPA)			●		●
PROGESTOGENS					
Pregnanediol (Pgdiol)			●	●	●
Allopregnanolone (AlloP)			●	●	●
Allopregnanediol (AlloPd)					●
3 α -Dihydroprogesterone (3 α HP)					●
20 α -Dihydroprogesterone (20 α HP)					●
Deoxycorticosterone (DOC)					●
Corticosterone (Ccn)					●
ANDROGENS					
DHEA (D)	●		●	●	●
Androstenedione (Adione)			●	●	●
Androsterone (Andro)					●
Etiocolanolone (Etio)					●
Testosterone (T)			●	●	●
Epi-Testosterone (Epi-T)			●	●	●
5 α -Dihydrotestosterone (5 α -DHT)			●	●	●
5 α ,3 α -Androstanediol (5 α 3 α)					●
GLUCOCORTICOIDS					
Total Cortisol (TC)	●			●	●
Free Cortisol x4 (FC x4)	●				●
Total Cortisone (TCn)	●				●
Free Cortisone x4 (FCn x4)	●				●
Tetrahydrocortisol (ThC)	●				●
Tetrahydrocortisone (ThCn)	●				●
Melatonin x4 (MT6s x4)					●

► Abbreviations in parentheses as they appear on test requisitions and test reports