

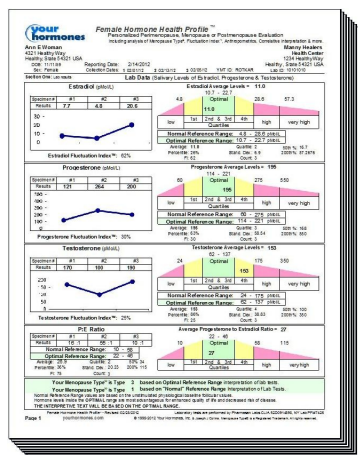
Female Hormone Health Profile™

This Highly Personalized and Advanced Assessment Includes:

Advanced Clinical Analysis

- Accurate Salivary Hormone Test
- Multiple Sample Analysis
- Measures and reports levels of estradiol, progesterone and testosterone from **Three Different Saliva Samples**, for a total of **NINE** hormone tests.
- Fluctuation Analysis™
- Percentile Analysis of Lab Values
- Menopause Type® Analysis
- Menopause Specific Anthropometric Analysis.
- Correlation Analysis reveals the functional correlation between lab results and symptoms.

The 20 page Female Hormone Health Profile™ report includes advanced clinical analysis, patient education handouts, and clinician documents.



Symptoms and Risks Associated with Fluctuating or Abnormal Hormones:

Some of the many symptoms and risks associated with fluctuating or abnormal estradiol, progesterone or testosterone include hot flashes, night sweats, decreased libido, fatigue, weight gain, fluid retention, poor memory, sleep disorders, decreased motivation, reduced pubic hair, vaginal atrophy and dryness, increased appearance of fine wrinkles, decreased adaptation to stress, dysfunctional uterine bleeding, osteoporosis, cardiovascular disease, insulin resistance, depression, myalgias (muscle pains), arthralgias (joint pains), mood disorders, and cognitive dysfunction.

Talk to your Healthcare Professional today about the Female Hormone Health Profile™

Karen Roth Nutrition, Inc.
Holistic Nutritionist
Safe Hormone Balancing Expert
Nutrition Educator
KarenRothNutrition.com

Two Locations:
Valencia, CA Tel: 661-428-9636
Encino, CA Tel: 818-400-5410

Female Hormone Health Profile™

Personalized Perimenopause, Menopause or Postmenopause Evaluation



Clinically Accurate and Personally Relevant Saliva Hormone Testing

The only Saliva Lab Test that has Multiple Sample Testing, Fluctuation Analysis™, and Menopause Type® Analysis to Provide Accurate Analysis of Your Hormones.

A service of: **your hormones**

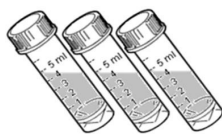
Accurate Salivary Hormone Testing

The Female Hormone Health Profile™ was developed by Joseph J. Collins, RN, ND of Your Hormones Inc. to provide accurate and relevant information about hormone function in perimenopause, menopause and post menopause. This test is used by healthcare practitioners throughout the US. Only multiple sample testing provides accurate analysis of true hormone function.*

In 1993 he noted that salivary hormone tests for premenopause and menopause women only included estradiol and progesterone, and requested that new panels be created. In 1996 as Director of Technical Services at a prominent salivary testing laboratory in Seattle, WA, he added testosterone assays to menopause and female hormone profiles. This change was quickly adopted by other saliva testing laboratories. He then defined and created P:E ratio analysis of saliva testing, and added it to menopause and female hormone profiles; an advancement that was also adopted by every saliva testing laboratory. His advocacy for accurate saliva testing through multiple sample analysis has been adopted by some laboratories. Unfortunately, some labs still market single sample saliva tests, which provide inaccurate assessments of estrogen, progesterone and testosterone.

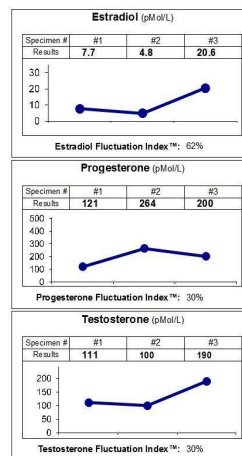
When to Use This Test:

Assessing your quality of life and risk of disease depends upon an accurate and an honest report of your hormone activity. Only multiple-sample, fluctuation analyzed saliva tests will give you accurate answers about what your hormones are doing. Use this test if you have any symptoms that could be due to unstable and fluctuating estradiol, progesterone or testosterone.



Why Multiple Samples and Fluctuation Analysis™ are so Important.

Your salivary hormone levels can fluctuate significantly from day to day. Single samples of saliva do not accurately reveal true hormone function. Saliva hormone research from 1983 was the first of many to describe the day to day variations seen in saliva hormone tests. In 2009 new research also concluded that because of the rapid fluctuations of estradiol and progesterone and testosterone in saliva, that “multiple samples are required to obtain reliable information”.*



Menopause Type® Analysis

The Female Hormone Health Profile™ is the only laboratory test licensed to provide analysis of your Menopause Type®. An expanded Menopause Type® Questionnaire is used to collect detailed information about your symptoms and other relevant information that is used to create the highly personalized report. Menopause is a transition that may present in different ways. There are actually 12 different Menopause Types®. Each woman should be treated based on her Menopause Type®.

Menopause Types®	Normal Testosterone	Low Testosterone	High Testosterone
Adequate Estrogen & Adequate Progesterone	Type 1	Type 2	Type 3
Deficient Estrogen & Adequate Progesterone	Type 4	Type 5	Type 6
Adequate Estrogen & Deficient Progesterone	Type 7	Type 8	Type 9
Deficient Estrogen & Deficient Progesterone	Type 10	Type 11	Type 12

Menopause Type® is a Registered Trademark.

Advanced Clinical Analysis

A highly personalized report is provided, based on advanced clinical analysis which incorporates:

- *Menopause Type®* analysis to reveal the specific pattern of your hormones
- *Fluctuation Index™* to reveal how unstable your hormones are
- *Correlation Analysis* to reveal the functional correlation between lab results and symptoms
- *Anthropometric Analysis* to evaluate your hormones based on body type
- *Percentile Analysis* of lab values to reveal if your hormones are in the optimal range.

What Choices You Can Make After Taking This Test:

The Female Hormone Health Profile™ includes highly personalized information on treatment choices that may specifically be best for you, including diet, lifestyle, nutrients, herbs, hormone precursors and bioidentical hormone options. Your healthcare professional can guide you in making the final decisions on your care.

How This Test Can be Used for Long Term Health Management:

Follow-up testing 60-90 days after making consistent changes will show how much the hormones have become more stable and improved and allow you to adjust the intake of suggested foods and supplements. Testing also gives valuable guidance regarding hormone replacement therapies for women using bioidentical hormone therapies.