

DUTCH PLUS

WHAT & WHY?

PATIENTS COLLECT JUST FOUR OR FIVE DRIED URINE SAMPLES OVER A 24-HOUR PERIOD. DRIED SAMPLES ARE STABLE FOR SEVERAL WEEKS MAKING THEM CONVENIENT TO SHIP WORLDWIDE. THIS IS A MORE DETAILED TEST GIVING MORE INFORMATION THAN THE SHP, WHICH CAN BE VALUABLE TO MANY PEOPLE. THE DUTCH PLUS® ADDS THE CORTISOL AWAKENING RESPONSE (CAR) TO BRING ANOTHER IMPORTANT PIECE OF THE HPA-AXIS INTO FOCUS. HIGH STRESS, LOW LIBIDO, SLEEPING DIFFICULTIES, ENERGY DEPLETION, AND COUNTLESS OTHER MANIFESTATIONS OF OUR WORKADAY LIVES ON OVERDRIVE, ARE REALITIES WE CAN ALL RELATE TO. NO MATTER OUR AGE AND REGARDLESS OF GENDER, THE IMPACT CAUSED BY STRESS CAN BE SEEN IN IMBALANCES, BOTH OF OUR SEX HORMONES AND KEY BIOMARKERS OF OUR IMMUNE SYSTEM. RETURNING THESE TO MORE BALANCED LEVELS IS AN IMPORTANT STEP TOWARDS ACHIEVING OUR STATE OF OPTIMAL.

WHAT THE SHP TESTS FOR

- **ADRENAL/STRESS/SEX HORMONE PROFILE**
 - CORTISOL RHYTHM
 - CATABOLIC/ANABOLIC BALANCE
 - ADAPTIVE RESERVE
 - CORTISOL X 4
 - MORNING DHEA
 - CORTISOL:DHEA RATIO
 - CORTISOL AWAKENING RESPONSE
- **SEX HORMONE BALANCE**
 - ESTRADIOL
 - PROGESTERONE
 - TESTOSTERONE
 - PROGESTERONE: ESTROGEN RATIO
- **MELATONIN**
- **SIGA**
- **PLUS 37 MORE DETAILED MARKERS**

SYMPTOMS ASSOCIATED

- **FEELING STRESSED OUT**
- **WEIGHT GAIN, CAN'T MAINTAIN WEIGHT**
- **LOW ENERGY, FATIGUE**
- **BRAIN FOG, POOR MEMORY**
- **CAN'T FALL ASLEEP, POOR SLEEP**
- **HATE TO EXERCISE**
- **DIZZY ON STANDING**
- **EYES SENSITIVE TO LIGHT**
- **ANXIETY, IRRITABLE, DEPRESSED**
- **CRASHING IN DAY, SECOND WIND**
- **NEED FOR COFFEE TO GET STARTED**
- **IMMUNE SYSTEM PROBLEMS**