

**Adrenal Stress Hormone Panel.** This test evaluates stress, a leading cause of chronic disease and functional health disorders. It is a simple non-invasive test utilizing four saliva samples collected at specified time periods during the day. Since the human adrenal gland does not secrete its hormones at a constant level throughout the day, the Adrenal Stress Test provides you with a comprehensive assessment of adrenal function throughout the daily cycle. The Adrenal Index can:

- Help identify possible causes of excessive fatigue
- Identify underlying reasons for chronic infections including sinusitis and other recurrent respiratory infections
- Screen for concerns with blood sugar and insulin resistance
- Help determine if a gluten-free diet may be best for you
- Identify possible reasons why you may have difficulty falling asleep or staying asleep.

For more information attached document.