

LEPTIN: hormone involved in regulating fat metabolism and energy consumption. Its antagonist action to that of ghrelin contributes to lowering hunger pangs and favours weight and fat reduction.

GH (Growth Hormone): responsible for the growth of muscular-skeleton tissue. An optimal level favours slimming and the increase of the muscular mass.

INSULIN: responsible for the transport of glucose from the blood to the cells; it promotes the growth and increase of fat cells when an excess of sugar is introduced. It is fundamental to keep the level within the limits to favour slimming and to prevent the onset of type II diabetes mellitus.

GLUCAGON: antagonist of insulin; it intervenes in fat metabolism, stimulating the mobilisation of fatty acids in the adipose tissue for energy purposes.

THYROIDAL HORMONES: main characters in the regulation of many functions of the organism, above all energetic metabolism. An alteration in their levels is a symptom of problems relative to hypo- or hyperthyroidism.

In your city, you can contact:

OTHER DIAGNOSTIC TESTS CARRIED OUT BY NATRIXLAB:

- **FOOD INTOLERANCE TEST:** assessment of food intolerance with the ELISA (Enzyme Linked Immuno Sorbent Assay) method.
- **CELLIAC TEST:** Immunological evaluation of the possible positivity to celiac disease.
- **ANTI-AGING PROFILE:** (Free Radical Test + Antioxidant Capacity Test) global assessment of oxidative stress.
- **CELLULAR AGING FACTORS:** global assessment of cellular aging by analyzing the 4 main processes implied (oxidation, inflammation, methylation, and glycation).
- **LIPIDOMIC PROFILE:** Evaluation of plasmatic or membrane fatty acids profile.
- **IN FLORA SCAN:** the most in-depth assessment panel for intestinal health.
- **MINERAL EVO:** nutritional minerals and heavy metals assessment.



HORMONAL PROFILES

Hormonal balance assessment

WEIGHT LOSS PROFILE

STRESS PROFILE

SPORTS PROFILE

FERTILE WOMAN'S PROFILE

MENOPAUSE WOMAN'S PROFILE

MAN'S PROFILE

GOOD NIGHT PROFILE

When the organism is subjected to diseases, inflammation, physical effort, incorrect lifestyle, or during particular moments of life (menopause, ageing), it enters a state of stress. This can lead to imbalances in hormonal production, which alter other balances and the main functions of the organism. Monitoring these functions by taking a small sample of capillary blood or saliva, allows for important hormones to be dosed. The results are a useful tool for assessing hormonal and functional balance. They give fundamental information to identify imbalances and allow for targeted advice: on diet, nutrition, physical activity, quality of sleep and well-being in general.

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NATRIX s.r.l.u.

Via Cavallotti, 16 - 42122 Reggio Emilia
Tel.: +39 0522 232606 - Fax: +39 0522 506136
E-mail: info@natrixlab.it

www.natrixlab.it



ANALYZED PARAMETERS

ESTRADIOL: has an essential role in the development of female sexual features and stimulates the deposit of subcutaneous fat in breasts, hips and thighs. It favours skin tone and the increase of HDL cholesterol. Low levels favour cardiovascular diseases, osteoporosis and a decrease in tissue tone.

PROGESTERONE: in women, the production reaches a peak after ovulation: it promotes the modifications in the endometrium of the fertilised egg cell implant. A lack causes swelling, painful swollen breasts, baldness, ovarian cysts, fibrocystic breast. Low levels can cause baldness and loss of libido.

TESTOSTERONE: important for maintaining the lean body mass, bone density, skin elasticity and sexual desire; the correct balance with the other sexual hormones contributes to decreasing cardiovascular risk. In men this is the main sexual hormone; the level begins to fall after 40 years of age. Its main functions in men are linked to spermatogenesis, muscle force and tone, and libido.

ANDROSTENEDIONE: high levels of this hormone are often associated with acne, hirsutism and baldness in both men and women; in women the levels increase after the menopause.

MELATONIN: the correct concentration of melatonin is indispensable for regulating the wake-sleep cycle. The concentration increases throughout the day, reaching a peak between midnight and 4 o'clock, then decreases gradually until the morning.

CORTISOL: the levels follow the opposite trend of melatonin; there is a peak in the morning followed by a decrease to almost zero towards the evening. It is implicated in the metabolism of proteins, carbohydrates and fatty acids. It is fundamental in the response to psychophysical stress and in control of inflammation.

DHEA (dehydroepiandrosterone): counter-regulator of cortisol; it is implicated in the metabolism of proteins, carbohydrates and fats. It contributes to body weight regulation, blood pressure and the immune function. Altered levels indicate early ageing, modification of the body structure with the accumulation of fat. Low levels of this hormone can also be found in subjects suffering from insomnia.

Hormones are substances which transmit signals from one cell to another, with the purpose of modulating metabolism and activities in tissues and organs. It is therefore easy to understand the enormous importance of the correct production of hormones on the well-being of the entire organism.

WEIGHT LOSS PROFILE

This test allows for assessing and understanding our metabolism. To lose weight is often a difficult objective to reach; it is necessary to adopt the right approach, to choose a suitable treatment and to have great constancy and will power.

The **WEIGHT LOSS PROFILE** is important for all those who wish to lose weight and for those who, although eating little, cannot manage to slim. Recommended in case of: overweight, breathlessness, sleep apnea. Furthermore, it is fundamental to take the test in order to start an effective slimming programme with awareness.

HORMONES DOSED: Cortisol, DHEA (dehydroepiandrosterone), Leptin, GH (Growth Hormone), Insulin, Glucagon, Thyroid hormones, Estradiol, Progesterone, Testosterone.

STRESS PROFILE

This test analyses the bioactive levels of two important stress hormones: Cortisol and DHEA. The level of cortisol tends to increase with age. However, also subsequent to severe and prolonged stress, the cortisol levels can increase dramatically and chronically. The DHEA level, on the contrary, progressively decreases with age and with increased stress.

The **STRESS PROFILE** is for those who have a frenetic, incorrect and irregular lifestyle, those who suffer from anxiety, and those with skin ageing. Recommended in the case of: frequent general tiredness, accelerated heart beat, difficulty in concentration, depression, anxiety attacks, disturbed sleep, muscular pain, early skin ageing.

It is fundamental to be able to recognise one's stress level and to remedy the same.

HORMONES DOSED: Cortisol, DHEA (dehydroepiandrosterone).

SPORTS PROFILE

This test allows for assessing the impact of sports activities on the cortico-adrenal function, which stimulates the organism to react to stress after intense sports activity. Intense physical activity, in fact, is a cause of stress for our organism, with consequent imbalance of hormone levels and the risk of compromising health and sports performance. Physical activity, at all levels, must be strictly controlled and regulated; one of the main indicators is the hormone balance.

The **SPORTS PROFILE** is useful for those who practise sports at amateur, professional or competitive level, especially to optimize training and to avoid over-training. Non or incorrect programming of correct recovery between training sessions and competitions can lead to chronic hypercortisolemia, for example, with consequent damage to health, such as increased cardiovascular risk. Recommended in the case of: fatigue, difficulty in facing training sessions, prolonged recovery times, sudden changes in mood.

HORMONES DOSED: Cortisol, Testosterone, DHEA (dehydroepiandrosterone).

FERTILE WOMAN'S PROFILE

This **PROFILE** consists of a quantitative and qualitative hormone analysis in **WOMEN** of a **FERTILE AGE**. It indicates the progesterone and estradiol levels in saliva at three different moments of the menstrual cycle. The results are useful for understanding possible hormone imbalances

and to define together with the doctor or specialist a targeted strategy to re-balance hormone levels, by correct advice on diet and lifestyle.

Recommended in the case of: premenstrual syndrome (abdominal swelling, water retention, breast tension, pelvic and lumbar pain, headache), fall in libido, hairs in more typically male areas, irritability, depression, anxiety crises, fatigue, etc. The result gives an indication of the hormonal balance, to be investigated further with specific tests or a specialist consultancy if the values are abnormal.

HORMONES DOSED: Estradiol, Progesterone, Testosterone.

MENOPAUSE WOMAN'S PROFILE

In the menopause, ovarian activity ceases and the production of oestrogen in the sexual glands decreases. There is a fall in the synthesis of estradiol, which is the cause of hot flushes, alterations in sleep, fatigue and depression. These changes increase the risk of cardiovascular diseases and osteoporosis.

The **MENOPAUSE WOMAN'S PROFILE** verifies female hormone efficiency in women in the menopause and gives an indication of the need for appropriate anti-ageing hormone therapy. It is indispensable for better management of the effect of hormonal activity on metabolism and behaviour in a very particular and difficult moment in a woman's life. The menopause test is useful for checking on a woman's hormonal state in the period preceding the menopause and during the menopause. Recommended in the case of: hot flushes, sudden perspiration, sleep alterations, weight gain, increased blood pressure, modifications to the tone of voice, decreased libido, hair in typically male areas, irritability, depression, anxiety crises, fatigue, etc.

HORMONES DOSED: Estradiol, Progesterone, Testosterone, Androstenedione.

MAN'S PROFILE

The level of sexual hormones in men varies with advancing age. Sexual hormones are also produced by the adrenal gland; changes in levels and their respective ratios can cause various symptoms. This test gives useful indications to assess imbalances and to understand how to modify possible substitute hormone therapy or anti-age treatment. The **MAN'S PROFILE** is useful to check hormonal and sexual efficiency in men of fertile age and in situations of hormone change, such as the andropause. The test measures levels of male hormones such as Testosterone which indicates the function of the testicles, Estradiol, high levels of which can cause cardiovascular diseases and osteoporosis as well as decreased tissue tone. Recommended in the case of: weight gain, decreased libido, sudden perspiration, increased blood pressure, depression, fatigue, anxiety, irritability, etc.

HORMONES DOSED: Testosterone, Estradiol, Progesterone, Androstenedione.

GOOD NIGHT PROFILE

This test is useful in periods of great physical or mental stress, during ageing, in the menopause when alterations in sleep are frequent. It is also important in children who have difficulty in sleeping at night.

The **GOOD NIGHT PROFILE** indicates the evening concentrations of melatonin, a fundamental neuro-hormone which regulates the sleep-wake cycle. Melatonin is a hormone produced shortly after the onset of darkness; the concentration reaches a peak between midnight and 4 a.m., and then decreases gradually as morning approaches. Recommended in the case of: difficulty in falling asleep, insomnia, high psycho-physical stress, anxiety, depression, forgetfulness.

HORMONES DOSED: Melatonin, Cortisol, DHEA.

