

CODE: 1002

# Adrenocortex Stress Profile

## THE PROCESS

- Your test kit will arrive in the mail from NutriPath
- This test requires **4 saliva samples** to be collected at **8am, 12pm, 4pm and 8pm of the same day**
- The saliva samples must be collected on **Monday, Tuesday or Wednesday**
- You will need to return the samples to NutriPath using the postage packaging provided
- Notify your health coach when you have completed the test via Slack - share a photo of the shipping label on the postage packaging, this will allow us to track the sample if required

[Download document to watch an instructional video here](#)

### On test day, do not

- drink caffeine (coffee, black or green tea)
- drink alcohol
- smoke cigarettes

### 2 hours before collecting a sample, do not

- eat
- drink
- floss
- use mouthwash, gum or mints



**READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE  
COMPLETING TEST**

Ensure sample is collected correctly.  
The lab charges a \$50 retesting fee for incorrect samples