

CODE: 1012

# Cortisol Awakening Response

## THE PROCESS

- Your test kit will arrive in the mail from **NutriPath**
- This test requires **6 saliva samples**
- 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

[Click 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