

## ZRT LABORATORIES

ZRT Laboratories offer saliva, dried urine, blood spot and serum testing.

Their specialized offerings are in the area of neurotransmitter testing, adrenal testing, and hormone testing. They also offer routine markers including Vitamin D, Hemoglobin A1c, Cholesterol, etc.

Neurotransmitter testing is helpful when there are issues with mood, fatigue, and or sleep. This testing is assessed with dried urine. Add-ons to this testing can include urine or saliva hormonal and dried urine adrenal testing which can add more important information in assessing what is causing the issues. Please [click here](#) for more information about this testing.

The Sleep Balance Profile provides information regarding the circadian rhythm of melatonin in concert with cortisol and cortisone to assess sleep and wake cycle dysfunction. There is an optional add on of Norepinephrine and Epinephrine. Please [click here](#) for information.

Blood spot testing is a convenient way to assess some of the more common laboratory values, including thyroid markers, cholesterol and other measures. All sex hormone assessments are available as well and are considered to be a more accurate way of assessing hormones that are either administered sublingual or applied as topical creams. Blood spot testing is also available for testing a variety of heavy metals. Please [click here](#) for more information about blood spot testing and what tests are available by this method.

Saliva testing is available for hormones and adrenal testing. Please [click here](#) for more information about saliva testing and what tests are available by this method.

Dried urine samples are used for hormones including melatonin, hormone metabolites, neurotransmitters, and certain elements. Urine metabolites of hormones can be useful in understanding sex hormone metabolites. The balance of these metabolites can give insights into hormone metabolism which may increase risk of breast and prostate cancers. Please [click here](#) for more information about dried urine testing and what tests are available by this method.

To learn about all the test specialties available [click here](#) for more information.

For information about collection of samples from saliva, dried urine or blood spot, please [click here](#) for more information. Please note that Medicare does not generally cover saliva testing.

Please note that the retail costs of these tests are higher than what is offered at our office.

ZRT is an out of network lab and will not submit to most insurance except Medicare and Tricare. If you have out of network coverage, or an HSA, you can be provided with a receipt and if necessary a super-bill. Check with our Patient Advocate for various test kit pricing.