

Why Are Balanced Hormones Important To Your Health?

Hormones out of balance, either in excess or as a deficiency, can cause disease. Hormone imbalance can occur at any age. Declining hormones mean a decline in health and a rapid increase in aging. Hormone decline can also contribute to:

- ❑ **Heart Disease**
- ❑ **Hypertension**
- ❑ **Diabetes**
- ❑ **Cancer**

Diet and lifestyle are extremely important to hormone health. Without proper nutrition you cannot achieve hormone balance. Your hormones must be in balance in order to maintain good health and well-being.

You should take an active interest in your own health and regularly consult your health care provider.

Collier Drug Stores and HRT Pharmacist Gabe Roy work closely with you and your health care provider in order to provide the best care.



"Balance is beautiful."-Miyoko Ohno

Collier

DRUG STORES

Locations:

FAYETTEVILLE
100 W. DICKSON, 442-6262

NORTH HILLS
3380 FUTRALL, SUITE 2, 443-9200

PRAIRIE GROVE
115 E. BUCHANAN, 846-2195

PEA RIDGE
885 N. CURTIS, 451-1112

FARMINGTON
197 E. MAIN, 267-4303

WILLOW CREEK/JOHNSON
5201 WILLOW CREEK DRIVE, 521-7876

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Collier Drug Stores
www.CollierDrug.com



For Balanced Hormones

Saliva Testing for Women

Here's To Your Health.

Since 1917.

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Symptoms of Hormone Imbalance

- Depression
- Fatigue
- Hot Flashes
- Low Sex Drive
- Menopause
- Mood Swings
- PMS & PMS Symptoms
- Stress
- Night Sweats
- Water Retention
- Weight Gain
- Insomnia

Why Test Your Hormones with Saliva Testing

Saliva Hormone Testing is a simple and accurate way to test hormone levels to determine if there is an imbalance, and to allow you and your health care provider to identify possible causes of health problems.

Saliva Hormone Testing can be used to monitor supplementation and to check for absorption and for appropriate dosage.

Saliva Hormone Testing is crucial for disease prevention and measuring hormonal anti-aging programs.

"Age affects how people experience time."-Edward T. Hall

Saliva Testing vs. Blood Testing

- ✓ Saliva collection is easy and convenient and can be done at a lower cost than blood testing.
- ✓ Blood testing must be done at a doctor's office which requires planning for multiple tests or the most desirable times for testing levels. Saliva testing can be done anywhere and at any time.
- ✓ The hormones in saliva (kept at room temperature) are stable, allowing convenience in collection and shipment. Blood must be kept cool on ice packs, increasing shipping costs and the possibility for error due to inappropriate handling.
- ✓ Saliva is the most reliable way to measure hormones that do their job at the tissue level. Blood tests do not measure at tissue levels.

Collier Drug Stores Make Saliva Hormone Testing Easy

Your Saliva Test Kit is waiting for you free of charge at Collier Drug Stores. You may consult with our HRT Pharmacist Gabe Roy for \$39.00. You are not required to consult with him if you have already spoken with your health care provider, but are more than welcome to do so. After collecting your sample, you will mail in your kit to our preferred lab, ZRT Laboratories. You will pay ZRT Laboratories directly for costs incurred. Collier Drug Stores receives your results within seven to ten working days of receipt. Our experts evaluate the results and make a suggestion to your doctor. If needed, a doctor will send us your prescription.

The Saliva Test includes: Instructions for saliva collection, a symptom checklist to help determine which hormones you should test, a requisition form to complete denoting your personal and medical history, the vial or vials for collecting your saliva sample and when applicable, insurance or credit card authorization forms.

Collier Drug Stores is here to assist you on your road to hormone balance and maintaining a healthy lifestyle.



"A healthy man, indeed, is the complement of the seasons, and in winter, summer is in his heart." -Henry David Thoreau