

The DUTCH Complete

Dried Urine Test for Comprehensive Hormones

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WHAT IT IS

One Day, One Kit, One Full Picture

DUTCH stands for Dried Urine Test for Comprehensive Hormones. You collect four dried urine samples across a single ordinary day, dry them, and post them back. Nothing is fasted and nothing is restricted.

The panel covers sex hormones and their metabolites, the daily pattern of free cortisol and cortisone, melatonin, oxidative stress, and six organic acid markers. That combination in one collection is what the test was built to deliver.

Why Dried Samples

Dried samples stay stable for weeks, which makes them straightforward to post from anywhere. They are also easier to handle than liquid collections, and the values correlate closely with liquid urine results.

WHY METABOLITES MATTER

Levels Alone Tell Half The Story

A hormone level says how much is present. A metabolite says what your body did with it. Two people with the same estrogen level can be metabolising it down entirely different pathways, with different implications.

The same holds for cortisol. Free cortisol and metabolised cortisol are measured together, because reading one without the other can mislead when clearance is unusually fast or slow.

Hormone Therapy Monitoring

The method was designed to work with most forms of hormone replacement therapy, with specific approaches for monitoring oral progesterone and vaginal hormones.

WHAT THE PANEL MEASURES

- Estrogens and metabolites
- Androgens and metabolites
- Progesterone metabolites
- Free cortisol, across the day
- Free cortisone, across the day
- Cortisol metabolites
- Melatonin (6-OHMS)
- Oxidative stress (8-OHdG)
- Six organic acid markers

HOW IT COMPARES

Set Against The Alternatives

Saliva testing

Free cortisol has real clinical value, but saliva does not capture cortisol metabolites. Without them, cortisol status can read incorrectly when clearance is high or low.

Serum testing

The most widely accepted method, but free cortisol cannot be followed through the day in serum, and metabolite coverage is limited — particularly for cortisol and estrogens.

24-hour urine

Cumbersome to collect and error-prone, and the diurnal pattern of cortisol cannot be read from a single pooled collection at all.

Collecting And Reading It

What the day looks like, and what the report gives you

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THE COLLECTION DAY

Four Samples, No Disruption

- **Waking** — the first sample of the day, before anything else
- **Midday** — roughly two hours after waking for the second strip
- **Evening** — late afternoon or around dinner
- **Bedtime** — the final strip, closing the day

Strips dry at room temperature for at least twenty-four hours, then go back in the prepaid envelope. Reports are typically ready within three to four weeks of the laboratory receiving your samples.

WHO IT SUITS

Reasons Patients Order It

- Fatigue that sleep does not resolve
- Cycle irregularity, PMS, or perimenopausal symptoms
- Low libido, or symptoms of low testosterone
- Sleep disturbance and difficulty winding down
- Mood changes that track with the cycle
- Monitoring an existing hormone therapy

Complete Or Plus?

The Complete covers everything above. The Plus adds salivary sampling at waking, thirty minutes and sixty minutes later, to measure the cortisol awakening response. If your fatigue is worst on waking, that addition is usually the one worth making.

ON THE METHOD

How The Testing Is Done

Cortisol, cortisone, melatonin, oxidative stress and the organic acid markers are measured by LC-MS/MS. The remaining hormones are measured by GC-MS/MS.

Because dried samples span most of the day, results are expressed relative to creatinine to correct for hydration, which is what replaces a 24-hour value.

01

Consultation

We confirm the panel fits your case

02

Collect at home

One day, posted back prepaid

03

Review together

Results in three to four weeks

BEFORE YOU ORDER

Testing is arranged and interpreted through Holistic Medical Wellness. Laboratory analysis is performed by Precision Analytical Inc., the developer of the DUTCH test. Your results are reviewed with your provider — a report on its own is not a diagnosis. Call or text (888) 896-5577 to discuss which panel fits your case.