DEEPCARE

AT-HOME KIT

DUTCH Cycle Mapping + Complete

Repeated dried-urine measurements across your menstrual cycle, together with DUTCH Complete. The series records estrone, estradiol and progesterone metabolites on the scheduled collection days. Your written Health Map considers the cycle and the full hormone profile together.

PRICE	TURNAROUND	SAMPLE
CHF 549	21 ±5 days	Dried urine · repeated cycle collections

WHAT THIS MEASURES

DUTCH Complete + cycle profiles

Repeated dried-urine measurements across your menstrual cycle, together with DUTCH Complete. The series records estrone, estradiol and progesterone metabolites on the scheduled collection days. Your written Health Map considers the cycle and the full hormone profile together.

Estrogens & metabolites	Estrone (E1) · Estradiol (E2) · Estriol (E3) · Total estrogen · 2-OH-E1
Estrogen metabolism ratios	2-OH / 16-OH-E1 balance · 2-OH / 4-OH-E1 balance · 2-Methoxy / 2-OH balance
Progesterone metabolites	β-Pregnanediol · α-Pregnanediol
Androgens & metabolites	DHEA-S · Androsterone · Etiocholanolone · Testosterone · Epi-testosterone
Diurnal free cortisol	Mid-sleep · Waking · +2 hours · Dinner · Bedtime
Diurnal free cortisone	Mid-sleep · Waking · +2 hours · Dinner · Bedtime

WHAT THE REPORT LOOKS LIKE

The sample laboratory measurements.

Synthetic example values, with no real patient data. Each row shows a measurement and the laboratory comparison interval.

Within phase-expected range Borderline Outside phase-expected range

Cycle map: Estradiol (E2) (ng/mg Cr)

Day 1 (follicular start) (D1)	1.3	1.0 – 2.0	
Day 5 (follicular) (D5)	1.6	1.0 – 2.0	
Day 7 (late follicular) (D7)	2.0	1.0 – 2.0	
Day 9 (pre-ovulatory) (D9)	2.4	4.0 – 12.0	
Day 12 (ovulatory peak) (D12)	3.2	4.0 – 12.0	
Day 15 (luteal start) (D15)	2.8	1.8 – 4.5	
Day 19 (mid-luteal) (D19)	2.4	1.8 – 4.5	
Day 22 (late luteal) (D22)	1.9	1.8 – 4.5	
Day 26 (pre-menstrual) (D26)	1.4	1.0 – 2.0	

Within phase-expected range Borderline Outside phase-expected range

Cycle map: Estrone (E1) (ng/mg Cr)

Day 1 (follicular start) (D1)	8	4 – 12	
Day 5 (follicular) (D5)	10	4 – 12	
Day 7 (late follicular) (D7)	12	4 – 12	
Day 9 (pre-ovulatory) (D9)	20	22 – 68	
Day 12 (ovulatory peak) (D12)	32	22 – 68	
Day 15 (luteal start) (D15)	22	12 – 26	
Day 19 (mid-luteal) (D19)	18	12 – 26	
Day 22 (late luteal) (D22)	14	12 – 26	
Day 26 (pre-menstrual) (D26)	10	4 – 12	

Within phase-expected range Borderline Outside phase-expected range

Cycle map: α-Pregnanediol (ng/mg Cr)

Day 1 (follicular start) (D1)	30	25 – 100	
Day 5 (follicular) (D5)	40	25 – 100	
Day 7 (late follicular) (D7)	50	25 – 100	
Day 9 (pre-ovulatory) (D9)	60	25 – 100	
Day 12 (ovulatory peak) (D12)	85	25 – 100	
Day 15 (luteal start) (D15)	160	200 – 740	
Day 19 (mid-luteal peak) (D19)	180	200 – 740	
Day 22 (late luteal) (D22)	150	200 – 740	
Day 26 (pre-menstrual) (D26)	60	25 – 100	

Within phase-expected range Borderline Outside phase-expected range

Cycle map: β-Pregnanediol (ng/mg Cr)

Day 1 (follicular start) (D1)	80	100 – 300	
Day 5 (follicular) (D5)	120	100 – 300	
Day 7 (late follicular) (D7)	140	100 – 300	
Day 9 (pre-ovulatory) (D9)	180	100 – 300	
Day 12 (ovulatory peak) (D12)	250	100 – 300	
Day 15 (luteal start) (D15)	450	600 – 2000	
Day 19 (mid-luteal peak) (D19)	520	600 – 2000	
Day 22 (late luteal) (D22)	480	600 – 2000	
Day 26 (pre-menstrual) (D26)	220	100 – 300	

Cycle map: β-Pregnanediol / E2 ratio

Day 19 ratio (D19)	217	100 – 500	
Day 22 ratio (D22)	253	100 – 500	

Within phase-expected range · Borderline · Outside phase-expected range

Estrogens & metabolites (ng/mg Cr)

Estrone (E1)	10.5	12 – 26	
Estradiol (E2)	1.8	1.8 – 4.5	
Estriol (E3)	6.2	5 – 18	
Total estrogen (ΣE)	18.5	35 – 70	
2-OH-E1 (2-OH)	3.1	5.1 – 13.1	
4-OH-E1 (4-OH)	2.4	0 – 1.8	
16-OH-E1 (16-OH)	1.4	0.7 – 2.6	
2-Methoxy-E1 (2-MeO)	3.8	2.5 – 6.5	
2-OH-E2 (2-OH E2)	1.2	0 – 3.1	
4-OH-E2 (4-OH E2)	0.21	0 – 0.52	

Within phase-expected range · Borderline · Outside phase-expected range

Estrogen metabolism ratios

2-OH / 16-OH-E1 balance (2:16)	2.21	2.69 – 11.83	
2-OH / 4-OH-E1 balance (2:4)	1.29	5.4 – 12.62	
2-Methoxy / 2-OH balance (Me:2)	1.22	0.39 – 0.67	

Progesterone metabolites (ng/mg Cr)

β-Pregnanediol (β-Pd)	560	600 – 2000	
α-Pregnanediol (α-Pd)	180	200 – 740	

Within phase-expected range · Borderline · Outside phase-expected range

Androgens & metabolites (ng/mg Cr)

DHEA-S (DHEA-S)	220	20 – 750
Androsterone (Andr)	850	200 – 1650
Etiocholanolone (Etio)	520	200 – 1000
Testosterone (T)	3.4	2.3 – 14
Epi-testosterone (Epi-T)	2.8	2.3 – 14
5α-DHT (DHT)	2.1	0 – 6.6
5α-Androstanediol (5α-A)	8.4	6 – 30
5β-Androstanediol (5β-A)	22	12 – 75

Within phase-expected range · Borderline · Outside phase-expected range

Diurnal free cortisol (ng/mg Cr)

Mid-sleep (U0) (U0)	12	0 – 16	
Waking (U1) (U1)	32	20 – 95	
+2 hours (U2) (U2)	55	30 – 130	
Dinner (U3) (U3)	12	7 – 30	
Bedtime (U4) (U4)	8	0 – 14	
24h free cortisol (ΣF)	119	65 – 200	

Diurnal free cortisone (ng/mg Cr)

Mid-sleep (U0) (U0)	42	0 – 59	
Waking (U1) (U1)	85	68 – 190	
+2 hours (U2) (U2)	125	90 – 230	
Dinner (U3) (U3)	55	32 – 110	
Bedtime (U4) (U4)	38	0 – 55	
24h free cortisone (ΣE)	345	220 – 450	

Within phase-expected range · Borderline · Outside phase-expected range

Cortisol metabolites & clearance (ng/mg Cr)

α-Tetrahydrocortisol (α-THF)	180	75 – 370	
β-Tetrahydrocortisol (β-THF)	1650	1050 – 2500	
β-Tetrahydrocortisone (β-THE)	2400	1550 – 3800	
Metabolised cortisol (ΣF+E)	4230	2750 – 6500	
Cortisol clearance rate (CCR)	8.2	6 – 12.5	

Organic acids: nutritional

Methylmalonate (B12) (MMA)	1.4 µg/mg	0 – 2.5 µg/mg	
Xanthurenate (B6) (Xan)	0.45	0.12 – 1.2	
Kynurenate (B6) (Kyn)	1.8	0.8 – 4.5	
β-Hydroxyisovalerate (biotin) (βHIV)	5.2	0 – 12.5	
Pyroglutamate (glutathione) (Pyr)	42	28 – 58	

Within phase-expected range · Borderline · Outside phase-expected range

Organic acids: neuro & oxidative

Homovanillate (dopamine) (HVA)	5.2 ng/mg	3 – 11 ng/mg	
Vanilmandelate (norepi/epi) (VMA)	3.4 ng/mg	2.2 – 5.5 ng/mg	
Quinolinate (Quin)	4.5 ng/mg	0 – 9.6 ng/mg	
Indican (Ind)	65 ng/mg	0 – 100 ng/mg	

Sleep & oxidative stress (ng/mg Cr)

6-OH-melatonin-sulfate (waking) (Mel)	21	10 – 85	
8-Hydroxy-2-deoxyguanosine (8-OHdG)	5.8	0 – 5.2	

HOW TO READ THE CYCLE MAP

Reading the measurements.

Read each result with its unit and reference interval.

1. **The name.** Each row identifies the element, organism, hormone or compound measured.
2. **The unit.** The unit states how the laboratory expresses the measurement.
3. **The result.** This column gives the measurement for the submitted sample.
4. **The comparison interval.** The laboratory interval appears beside the result.
5. **Your written report.** Your questionnaire answers and email exchanges provide the information used for your personalised Health Map report.

YOUR INCLUDED HEALTH MAP

A personalised written report.

Every Deepcare kit includes a written Health Map report. It is prepared from personalised questionnaires, your results and email exchanges.

- After payment, the first personalised questionnaire arrives by email.
- Follow-up questions come by email or a further questionnaire when needed.
- The final report is written in your language: English, French or German.
- You receive it within 3 working days of your answers to the last questionnaire.

> *A written explanation you can keep and share with your GP.*

COLLECTION AT HOME

Collecting samples across the cycle.

Use the materials and collection schedule supplied with your kit. Follow the laboratory instructions for drying or storage and return shipping.

STEP 01

Record the sample details

Complete the laboratory form and label each sample with the requested details.

STEP 02

Follow the combined collection plan

Use the dates and times in the supplied Cycle Mapping and DUTCH Complete collection plan.

STEP 03

Prepare the samples for return

Follow the laboratory instructions for drying, storage and packing. Use the supplied return materials.

STEP 04

Return to the laboratory

Send the samples with the included return label and keep the shipment reference.

ABOUT THE METHOD

GC-MS/MS at Precision Analytical.

Precision Analytical · GC-MS/MS.

The named compounds are measured in the submitted sample. Results are shown with the laboratory units and comparison intervals.

See the kit page on deepcare.ch for the full marker list and scientific references.

WHAT HAPPENS NEXT

How ordering works

TODAY

Order on deepcare.ch

Pay by card or TWINT. Your first personalised questionnaire arrives by email.

2 TO 3 WORKING DAYS

Plan the cycle

Use the calculator to fix your 9 collection days plus the DUTCH Complete 4-point day. Email the lab with your dates.

ACROSS ONE CYCLE

Collect and dry

Nine single-day collections plus one four-point day. About fifteen minutes of your time per collection day; cards dry passively.

AFTER THE FINAL QUESTIONNAIRE ANSWERS

Your written Health Map

You receive it within 3 working days of your answers to the last questionnaire.

Order this kit

deepcare.ch/kits/dutch-cycle-mapping