

DEEPCARE

AT-HOME KIT

DUTCH Complete

A dried-urine profile of steroid hormones, their metabolites and selected organic acids. Collect across two days following the kit schedule. Each card must dry for at least 24 hours before return. Your written Health Map is included.

PRICE	TURNAROUND	SAMPLE
CHF 399	21 days	Dried urine · timed collections

WHAT THIS MEASURES

The urinary hormone and metabolite profile.

A dried-urine profile of steroid hormones, their metabolites and selected organic acids. Collect across two days following the kit schedule. Each card must dry for at least 24 hours before return. Your written Health Map is included.

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.



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 range · Borderline · Outside 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 range · Borderline · Outside 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 range · Borderline · Outside 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 range · Borderline · Outside 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 range · Borderline · Outside 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 CHART

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 the timed urine samples.

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 collection times

Collect at dinner and bedtime on day one, then on waking and 2 hours later on day two. Use the extra card only if you wake to urinate overnight.



STEP 03

Prepare the samples for return

Let each card dry for at least 24 hours. Close and bag only completely dry cards; keep them at room temperature until dispatch.



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

Kit ships

The kit contains five collection cards, including the optional overnight card, the questionnaire, instructions and prepaid return materials.

TWO COLLECTION DAYS, THEN DRYING

Sample collection and return

Follow the two-day collection schedule. Each card needs at least 24 hours to dry. Dispatch only when all collected cards are completely dry.

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-complete