

Dr. Bright's Premium Coaching Required Lab Testing Guide

IMPORTANT – SOURCING YOUR OWN LAB TESTS

Dr. Bright's coaching program **does not provide or arrange laboratory testing.**

Members must obtain all required lab tests **independently and at their own expense** before submitting their results for review.

Lab results are required for **personalised guidance during coaching sessions.**

Required tests:

- Complete thyroid blood panel
- 4-point diurnal salivary cortisol test

How to obtain testing:

1. Through your doctor or healthcare provider

Your GP or healthcare provider may be able to order the required tests through a local laboratory.

2. Through an online laboratory provider

Many online laboratory services offer thyroid panels and salivary cortisol testing that can be ordered directly by the patient.

Please note:

- Members are responsible for locating a laboratory provider that operates in their own country or region.
- The SBG team and Dr. Bright's office **cannot assist with sourcing, ordering, or shipping lab tests.**
- Lab testing timelines vary by provider. Some results may take several weeks to be returned.

Example laboratory providers are listed later in this guide.

Members may join the program while waiting for their lab results and attend meetings to learn from group discussions and education shared during coaching sessions. Some members prefer to wait until their results are available so they can receive personalised guidance sooner.

Thyroid Lab Requirements

Members participating in Dr. Bright's coaching program must **obtain a complete thyroid blood panel before submitting their labs for review.**

Many standard thyroid panels only include **TSH**, which is not sufficient for proper thyroid evaluation.

Please order the following tests:

- ☐ **TSH** (Thyroid Stimulating Hormone)
- ☐ **Free T4** (Free Thyroxine)
- ☐ **Free T3** (Free Triiodothyronine)
- ☐ **Anti-Thyroid Peroxidase Antibodies** (Anti-TPO)
- ☐ **Anti-Thyroglobulin Antibodies** (Anti-TGO)

Panels that do **not include Free T3 and Free T4 cannot be reviewed by Dr. Bright.**

Thyroid Testing Providers:

(Availability may vary by country)



[Thrive](#)



[Let's Get Checked](#)



[Own Your Labs](#)



[Marek Diagnostics](#)



[Medichecks](#) – Thyroid Function + Antibodies



[Function Health](#) – Discounted Link



[ZRT Labs](#) – Home Thyroid Panel

Salivary Cortisol Test Requirements

Dr. Bright requires a **4-point diurnal salivary cortisol test**, which measures cortisol levels at **four points throughout the day (four separate samples taken during the day)**.

Blood (serum) or urine cortisol tests **cannot be used for this evaluation and will not be accepted**.

Please order:

4-point diurnal salivary cortisol test (4 samples taken throughout the day).

Testing Rules:

To ensure accurate results, the following requirements must be followed.

 **Do not order a salivary cortisol test if you are currently using steroids or hormone therapies.**

You must be off these medications for at least 30 days before testing, including:

- Testosterone
- Hormone Replacement Therapy (HRT)
- Steroid medications

Testing while using these medications will **invalidate the results**.

Additional requirements:

- Be off cannabis for **2 weeks before testing**

Do not use the following tests:

-  DUTCH urine test
-  Verisana Stress Test (USA version not recommended)

Salivary Cortisol Testing Providers:

(Availability may vary by country)

-  [Canary Club Cortisol Test](#) (Works in California)
-  [HRT.org Cortisol Testing](#) (Works for NYC & New Jersey)
-  [Verisana Salivary Cortisol Test](#) (Europe only – Verisana.de)