



**TEST PATIENT**

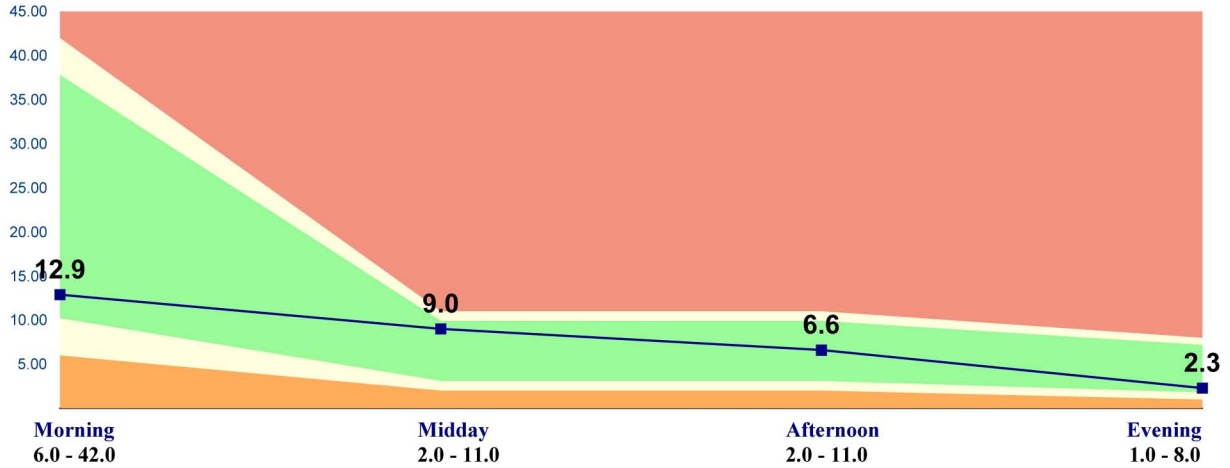
Sample Test Name  
 Sex : F  
 Date Collected : 00-00-0000  
 111 TEST ROAD TEST SUBURB  
**LAB ID: 00000000** UR#:00000000

**TEST PHYSICIAN**

DR JOHN DOE  
 111 CLINIC STREET  
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**ADRENOCORTEX STRESS PROFILE**



Colour Key Ranges : Above (red), Borderline (yellow), Normal (green), Below (orange)

Cortisol Values	Result	Graph	Range
Cortisol Profile, Morning	12.9		6.0 - 42.0 nmol/L
Cortisol Profile, Midday	9.0		2.0 - 11.0 nmol/L
Cortisol Profile, Afternoon	6.6		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	2.3		1.0 - 8.0 nmol/L
Cortisol Daily, Total	30.8		11.0 - 76.0 nmol/L
DHEAS Values	Result	Graph	Range
DHEAS Profile Morning	5.1		5.0 - 30.0 nmol/L
DHEAS/CORTISOL AM	0.39		0.20 - 0.60 RATIO



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## Adrenocortex Stress Comments

**LOW NORMAL MORNING SALIVA CORTISOL LEVEL:**

Saliva morning cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests a degree of adrenal hypofunction, maladaptation/abnormal pacing with abnormal HPAA. If all four cortisol readings are also low, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

Investigate melatonin and GABA levels.

**MIDDAY CORTISOL LEVEL IS WITHIN RANGE:**

Midday Cortisol level is adequate and within range.

**LATE AFTERNOON CORTISOL LEVEL IS WITHIN RANGE:**

Late afternoon cortisol level is adequate and within range.

**LOW EVENING CORTISOL LEVEL:**

Saliva evening cortisol levels should be lower than the mean of the range. If all 4 readings in the adrenal stress profile are low, suspect adrenal fatigue, otherwise maladaptation.

**SALIVA DHEAs/CORTISOL RATIO - NORMAL**

The ratio of DHEAs to cortisol is normal. This ratio indicates a relative balance of the adrenal output of androgens and cortisol. Both of the hormones are released in response to ACTH from the pituitary and a normal ratio indicates a balanced function of the hypothalamic-pituitary-adrenal axis.



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