

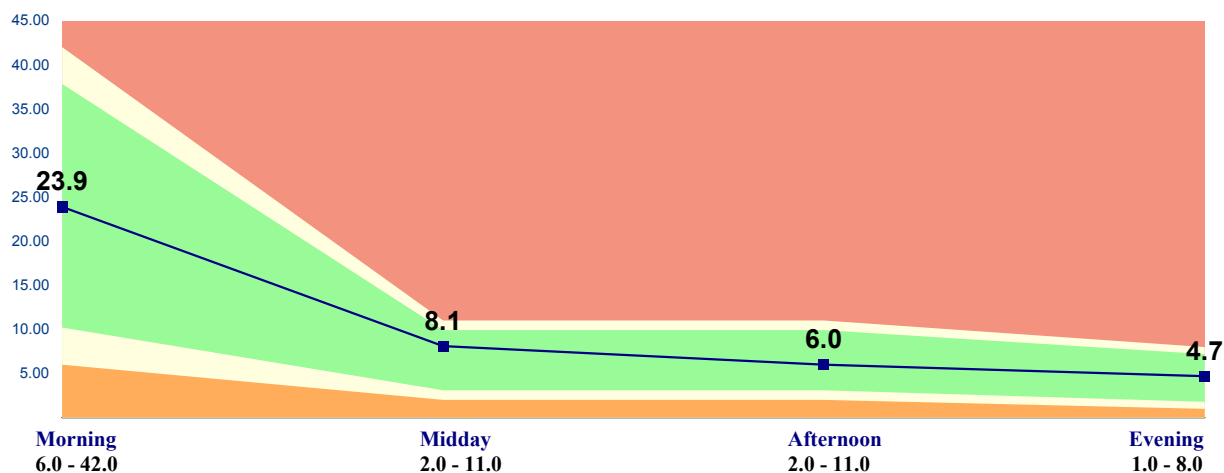


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Date of Birth : 18-Apr-1964
 Sex : F
 Collected : 08-Jun-2016
 25 GREENVIEW AVENUE
 BEERWAH QLD 4519
 Lab id : **3432517** UR# :

REWIND HEALTH AND WELLNESS
 UNIT 1/39 WAGAWN STREET
 TUGUN QLD 4224

ADRENOCORTEX STRESS PROFILE



Cortisol Reference Range - nmol/L

Colour Key Ranges :
 Above: Red
 Borderline: Yellow
 Normal: Green
 Below: Orange

Cortisol Values	Result		Range
Cortisol Profile, Morning	23.9		6.0 - 42.0 nmol/L
Cortisol Profile, Midday	8.1		2.0 - 11.0 nmol/L
Cortisol Profile, Afternoon	6.0		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	4.7		1.0 - 8.0 nmol/L
Cortisol Daily, Total	42.7		11.0 - 76.0 nmol/L
DHEAS Values	Result		Range
DHEAS Profile Morning	6.7		2.5 - 25.0 nmol/L
DHEAS/CORTISOL AM	0.28		0.20 - 0.60 RATIO



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Adrenocortex Stress Comments

MORNING SALIVA LEVEL WITHIN RANGE:

Saliva morning cortisol level is adequate and within range.

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.

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.

LOW DHEAS LEVEL:

Saliva DHEAs level is below the mean range and suggestive of the need for supplementation with 25mg of DHEA. If however, testosterone/androgens are elevated, consider 7 Keto form of DHEA.

Maladaptation if consistently elevated cortisol. Adrenal fatigue if morning and evening cortisol only elevated, or if all markers low.

SALIVA DHEAS Ranges:

Premenopausal, no oral contraceptives:	2.5 - 25	nmol/L
Premenopausal, with oral contraceptives:	2.0 - 8.0	nmol/L
Postmenopausal:	< 6.5	nmol/L

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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