

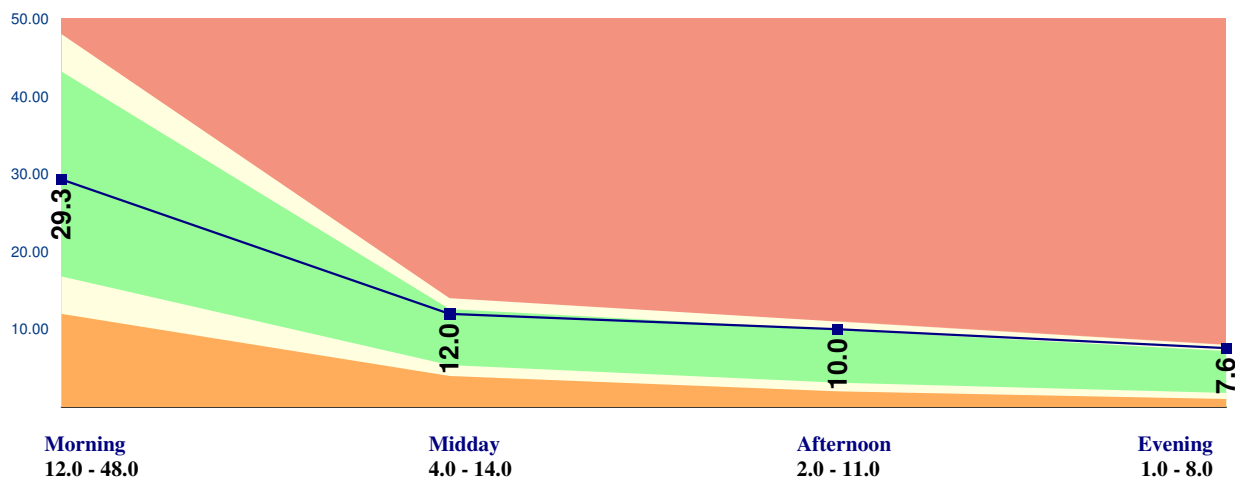


P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

Date of Birth : 09-Sep-1949
Sex : F
Collected : 23/Jan/2022
Received: 27-Jan-2022
180 PRINCE EDWARD PARADE
SCARBOROUGH QLD 4020
Lab id : **3793003** UR#: 6119514

HERB BAR
1/39 WAGAWN STREET
TUGUN QLD 4224

ADRENOCORTICES 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	29.3		12.0 - 48.0 nmol/L
Cortisol Profile, Midday	12.0		4.0 - 14.0 nmol/L
Cortisol Profile, Afternoon	10.0		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	7.6		1.0 - 8.0 nmol/L
Cortisol Daily, Total	58.9		11.0 - 76.0 nmol/L
DHEAS Values	Result		Range
DHEAS Profile Morning	16.3		1.8 - 18.5 nmol/L
DHEAS/CORTISOL AM	0.56		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 HPA. 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.

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.

SALIVA DHEAs level IF post menopausal, is adequate and within range, otherwise the DHEAs level is low.

SALIVA DHEAS Ranges:

Premenopausal, no oral contraceptives:	2.5 - 27.0 nmol/L
Premenopausal, with oral contraceptives:	2.0 - 8.0 nmol/L
Postmenopausal:	1.8 - 18.5 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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