NutriPATH PATHOLOGY · **PATIENT REPORT**

16 Harker St, Burwood VIC, 3125 • info@nutripath.com.au • 1300 688 522

25342-0301

Dr Test Doctor NutriPath. 16 Harker Street, Burwood VIC 3125

Lab ID
Patient ID PAT-100009
Ext ID 25342-0301

Test Patient

Sex: Male • 45yrs • 01-Jan-80

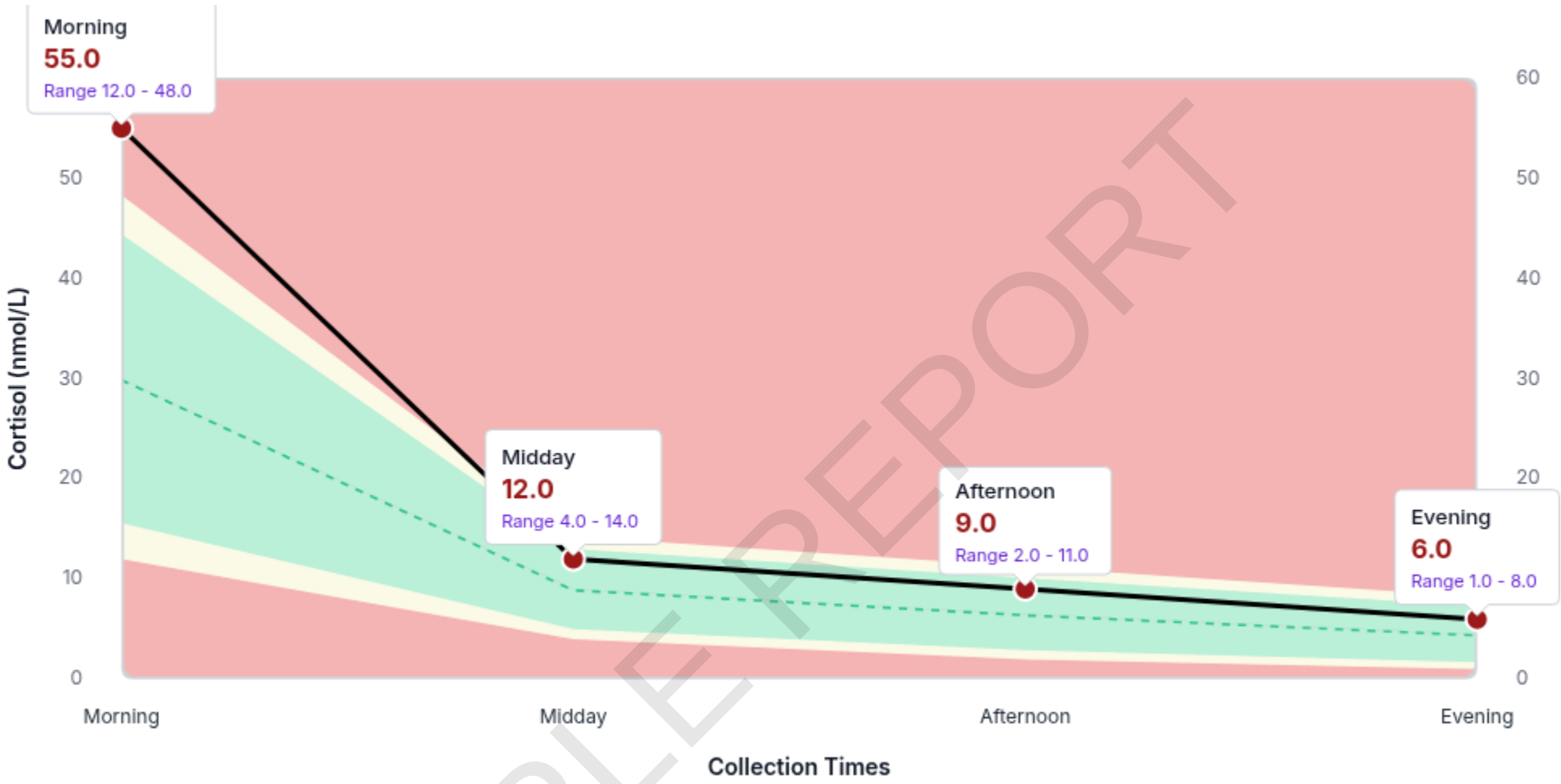
123 Home Street, Test Suburb Vic 3125

RECEIVED
08-Dec-25

ADRENOCORTEX STRESS PROFILE, Extensive

Specimen type - Saliva

Collected
05-Dec-25 07:40am, 12:00pm, 03:30pm, 07:50pm



CORTISOL Values

TEST	RESULT	H/L	REFERENCE	UNITS
Cortisol, Morning	55.0	H	(12.0-48.0)	nmol/L
Cortisol, Midday	12.0		(4.0-14.0)	nmol/L
Cortisol, Afternoon	9.0		(2.0-11.0)	nmol/L
Cortisol, Evening	6.0		(1.0-8.0)	nmol/L
Cortisol Daily, Total	82.0	H	(11.0-76.0)	nmol/L

DHEAS Values

TEST	RESULT	H/L	REFERENCE	UNITS
DHEAS, Morning	11.0		(1.8-18.0)	nmol/L
DHEAS/Cortisol AM	0.20		(0.02-0.64)	ratio

Other

TEST	RESULT	H/L	REFERENCE	UNITS
Secretory IgA	155		(102-471)	ug/ml

SAMPLE REPORT

NATA Accreditation No. 20770. The current scope of accreditation is available on the NATA website.

Dr Test Doctor NutriPath. 16 Harker Street, Burwood VIC 3125

Lab ID
Patient ID PAT-100009
Ext ID 25342-0301

Test Patient
Sex: Male • 45yrs • 01-Jan-80
123 Home Street, Test Suburb Vic 3125

RECEIVED
08-Dec-25

Adrenocortex Stress Comments

ELEVATED MORNING SALIVA CORTISOL LEVEL:

Saliva morning cortisol level is elevated. Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Morning Cortisol is a good indicator of peak adrenal gland function, since it represents peak cyclic activity. High Cortisol reflects HPAA imbalance and morning hypoglycaemia or stress.

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.

CORTISOLS SUMMARY:

Cortisol is elevated at the morning sample, with all subsequent results within the reference range. This may represent an exaggerated cortisol awakening response, often associated with acute stress, sleep disturbance, or anxiety. Clinical relevance should be assessed in the context of fatigue, mood changes, or altered sleep quality. Supportive management may include stress reduction strategies and review of sleep hygiene.

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.

ACCREDITATION SCOPE: Please note that the above test is currently not under the laboratory's scope of accreditation.

SECRETORY IgA NORMAL:

Secretory IgA is within range. Secretory IgA represents the first line of defence of the gastrointestinal mucosa and is central to the normal function of the gastrointestinal tract as an immune barrier. Review this level with other pathogenic bacteria and normal commensal flora. Lower levels within reference range should be interpreted clinically.

Methodology

Automated Chemistry/Immunochemistry, Liquid Chromatography-Mass Spectrometry (LC-MS/MS/MS), Enzyme-Linked Immunosorbent Assay (ELISA)

SAMPLE REPORT

NATA Accreditation No. 20770. The current scope of accreditation is available on the NATA website.