



ADRENOCORTEX STRESS PROFILE BASIC - Test Code 1001



Turnaround Time: 3-5 business days



Specimen Type: 4 x 5ml
Saliva tubes

Description

The Adrenocortex Stress Profile Basic assesses two vital stress hormones, Cortisol and DHEA, using a simple at-home saliva collection (James et al., 2023). Cortisol, often referred to as the "stress hormone," plays a key role in regulating the body's response to stress, while DHEA functions as a precursor to essential sex hormones like oestrogen and testosterone (James et al., 2023). Together, these hormones contribute to energy levels, mood balance, immune support, and overall health (James et al., 2023).

Cortisol follows a daily rhythm, peaking in the morning to help with wakefulness and gradually tapering off by evening to promote restful sleep (James et al., 2023). Disruptions in this natural cycle may signal adrenal dysfunction, often linked to chronic stress, hormonal imbalances, or other health conditions (James et al., 2023). Unlike serum testing, which measures both bound and free hormone levels, salivary testing specifically captures free, biologically active hormones, providing a more accurate picture of hormonal activity. This panel offers valuable insights into adrenal health, enabling early intervention and tailored treatment plans.

Whats included?

- DHEAS (6-8am)
- Cortisol (6-8am, noon, 4pm, 8pm)

Conditions and Symptoms

- Excessive or unexplained fatigue
- Decreased sex drive
- Insomnia
- Muscular weakness
- Frequent infections
- Abdominal weight gain
- Mood swings or irritability
- Cravings for salty or sugary foods

Complementary Testing

- Female Hormone Profile Basic (Test code 1005) or Male Hormone Profile Basic (Test code 1007)
- Organic Acids Metabolomic Mapping (Test code 4041)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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*See NATA and CLIA website for further details