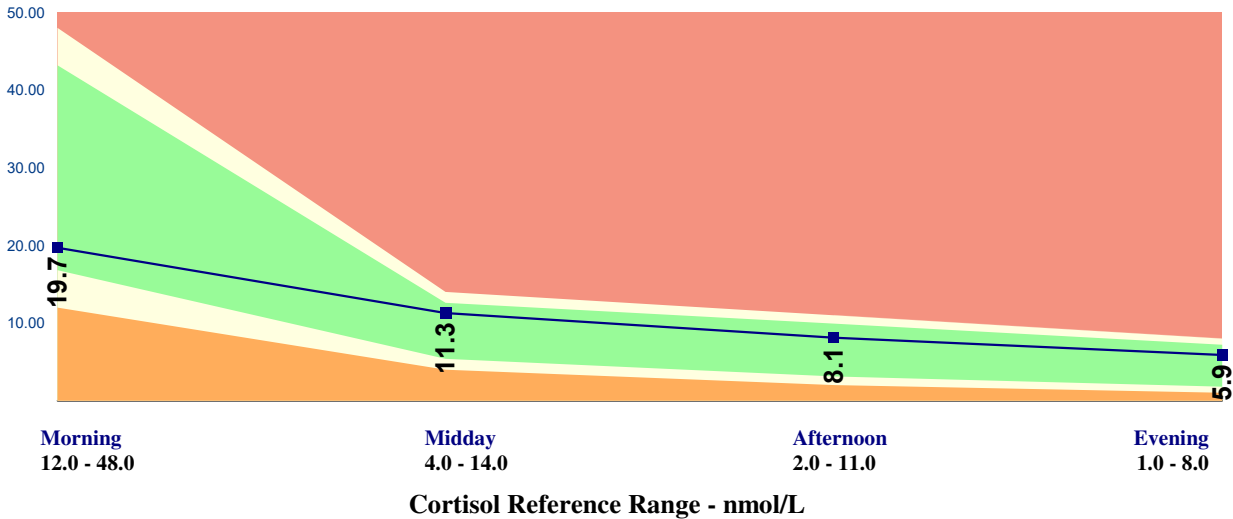











ADRENOCORTEX STRESS PROFILE



Colour Key Ranges :
■ Above
■ Borderline
■ Normal
■ Below

Cortisol Values	Result	Visual	Range
Cortisol Profile, Morning	19.7		12.0 - 48.0 nmol/L
Cortisol Profile, Midday	11.3		4.0 - 14.0 nmol/L
Cortisol Profile, Afternoon	8.1		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	5.9		1.0 - 8.0 nmol/L
Cortisol Daily, Total	45.0		11.0 - 76.0 nmol/L
DHEAS Values	Result	Visual	Range
DHEAS Profile Morning	34.1*H		2.5 - 27.0 nmol/L
DHEAS/CORTISOL AM	1.73*H		0.20 - 0.60 RATIO

P: 1300 688 522
E: info@nutripath.com.au

16 HARKER STREET
BURWOOD VIC 3125

Dr.SAMPLE REPORT
TEST HEALTH CENTRE
123 TEST STREET
BURWOOD VIC 3125

LAB ID : 3814050
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814050

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.

ELEVATED DHEAS LEVEL:

Saliva DHEAs level is elevated/supplemented. Slight elevation without supplementation may be due to adrenal stress response.

Hyper response, inappropriate ACTH with imbalanced response from adrenals.

SALIVA DHEAs/CORTISOL RATIO - HIGH

An increase in DHEAs/Cortisol ratio, was found in patients suffering from panic disorders.

Suspect: An abnormal physiological response to stress, with shifting of the steroidogenic pathway to DHEA at the expense of cortisol.

Consider the following options:

Lifestyle changes:

Stress reduction: chronic stress can fatigue the adrenals Rest, exercise, prayer, meditation, relaxation exercises.

Dietary changes:

Balance blood sugar: Lower calorie, high protein, high complex carbohydrate and high fiber diet.

Nutritional supplements: High-grade multivitamin and mineral. Additional Vitamin C, Vitamin B5, Vitamin B6, and zinc, as indicated.

Herbal Support*:

"Adaptogenic" herbs: American or Korean ginseng (Panax spp.), Siberian ginseng (Eleutherooccus senticosus), Withania (Withania somnifera)

Miscellaneous herbs:

Licorice (Glycyrrhiza glabra) to prolong the half-life of cortisol, Sarsaparilla (Smilax spp.) is a cortisol precursor

Glandular Support*:

Adrenal, pituitary, others as indicated

Hormone replacement therapy*:

Cortisol, DHEA, pregnenolone, as indicated

*For herbal, glandular & hormone replacement therapy, it is important to preserve or restore circadian rhythm by dosing in morning. May give 1/3 to 1/2 of morning dose at noon. Dosing later than noon is not advised.



SAMPLE REPORT

09-May-1990 Female

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Consider measuring testosterone and/or estradiol levels and intervene if necessary.

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

IMMUNOLOGY

SALIVA	Result	Range	Units
Secretory IgA	286.0	102.0 - 471.0	ug/mL



(*) Result outside normal reference range

(H) Result is above upper limit of reference rang



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SAMPLE REPORT

09-May-1990 Female

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Tests ordered: SADREN,sIgA

FINAL REPORT on 11 May 2022

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang