

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

16 HARKER STREET  
BURWOOD VIC 3125



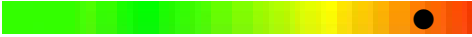
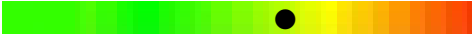


Dr.SAMPLE REPORT  
TEST HEALTH CENTRE  
123 TEST STREET  
BURWOOD VIC 3125

LAB ID : 3814058  
UR NO. :  
Collection Date : 09-May-2022  
Received Date:09-May-2022



3814058

### ENDOCRINOLOGY SALIVA

SALIVA	Result	Range	Units	
<b>Cortisol Morning</b>	<b>16.20</b>	12.00 - 48.00	nmol/L	
<b>Cortisol Noon</b>	<b>12.80</b>	4.00 - 14.00	nmol/L	
<b>Cortisol Midnight</b>	<b>5.9 *H</b>	0.0 - 5.0	nmol/L	
<b>Melatonin (Saliva)-Morning</b>	<b>2</b>	0 - 3	pg/mL	
<b>Melatonin (Saliva), Midday</b>	<b>1.4</b>	0.0 - 3.0	pg/mL	
<b>Melatonin (Saliva)-Midnight</b>	<b>7 *L</b>	10 - 40	pg/mL	

#### ELEVATED MIDNIGHT SALIVA CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Elevated levels of saliva cortisol at night can interfere with sleep and suppress Melatonin levels.

Time of Day	Time	Reference Range (pg/ml)
Morning	6am - 8am	0 - 3
Midday	12 noon	0 - 3
Evening	8pm - 10pm	0 - 11.9
Midnight	12am - 2am	10 - 40
Early Morning	3am	Up to 50

#### LOW MIDNIGHT MELATONIN LEVEL:

Saliva Melatonin midnight level is below reference range and suggestive of the need for supplementation with 3mg of melatonin 30 minutes before bed in the evening. Low levels can be due to pineal gland calcification, low levels of tryptophan or 5-Hydroxy-tryptophan.

(\* ) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range

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### Saliva Hormone Comments

\*\* PLEASE NOTE NEW REFERENCE RANGES AS OF 20.08.2021 \*\*

TABLE 1: SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

FEMALE	Progesterone	DHEAS	E2	E1	E3
Pre/menarcheal	90-390		3.1-13	9.5-71	7.7-49
Follicular	90-480		3.1-17	9.5-71	7.7-49
Mid-Cycle	85-590		5.0-22	9.5-71	7.7-49
Luteal	276-1725		3.7-18	9.5-71	7.7-49
Post Menop.	80-820	1.8-18.5	3.7-16	9.0-65	9.0-62
Premenopausal, No OC's		2.5-27.0			
Premenopausal, with OC's		2.0-8.0			
MALE	<230	5.0-32.0	2.7-11	7.7-50	6.6-38

TABLE 2: TARGET REFERENCE RANGES: (ON HRT - 24 to 48 hr post last dose)

	Progesterone	Testosterone	E2	E1	E3
Oral	320-1998		7-73		69-139
Patch	-		4-18	-	-
Cream/Gel	3180-15000	F: 277-867 M: 347-1734	37-184	-	1040-1734

### LOW/LOW NORMAL MORNING SALIVA CORTISOL LEVEL:

Saliva cortisol level is below the mean range and suggests possible adrenal insufficiency. This also suggests a degree of adrenal hypofunction, maladaptation/abnormal pacing with abnormal HPAA. If all four cortisol readings are also low, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support. In this instance if the Cortisol level does not improve, suggest using Cortisol Acetate/Hydrocortisone supplementation for short interval. Cortisone acetate has a half life of only 4-6 hours. Suggest doses of 20mg in the AM, 10mg midday and 10mg afternoon for a period of up to 3 months and then review levels.

### MIDDAY CORTISOL LEVEL IS WITHIN RANGE:

Midday Cortisol level is adequate and within range.

### ELEVATED MIDNIGHT SALIVA CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Elevated levels of saliva cortisol at night can interfere with sleep and suppress Melatonin levels.

SALIVA Melatonin morning level is within normal limits.

### SALIVA MELATONIN REFERENCE RANGES

Time of Day	Time	Reference Range (pg/ml)

(\*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range



# SAMPLE REPORT

## 09-May-1990 Female

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Tests ordered: CORTMORN,CORTNOON,MEL-SALMRN,SLPSAL,MEL-SALMD

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