



NUTRITIONAL LAB
SERVICES

PO BOX 4233
BURWOOD EAST VIC

Lab id : **12345678**

Test Stress Profile plus Sleep Profile

Date of Birth : August 26, 1956

Sex : F

Collected : June 03, 2008

www.nlabs.com.au

Ph: (03) 9803 5335 Fax: (03) 9888 5811

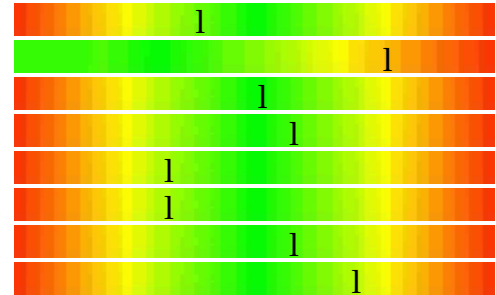
INTEGRATIVE MEDICINE

SALIVA

Result Range

ADRENOCORTEX STRESS PROFILE.

Cortisol Profile AM	18.9	6.0 - 42.0	nmol/L
Cortisol Profile Afternoon	17.6 *h	0.0 - 15.0	nmol/L
Cortisol Profile PM (2)	8.0	2.0 - 11.0	nmol/L
Cortisol Profile, Evening	6.6	1.0 - 8.0	nmol/L
Cortisol Midnight	3.00	1.00 - 8.00	nmol/L
DHEAS Profile AM	9.2	2.5 - 25.0	nmol/L
DHEAS/CORTISOL AM	0.49	0.20 - 0.60	RATIO
Melatonin (Saliva)-Midnight	39	10 - 40	pg/mL



(*) Outside reference range.

(h) Above reference range.



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Saliva Hormone Comments

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

	E2	E1	E3	Progesterone	DHEAS
FEMALE					
Follicular	<18	9.6-20	15-29	<318	
Mid-Cycle	11-29	9.6-20	15-29	-	
Luteal	<18	9.6-20	15-29	318-1590	
Post Men.	<6	9.6-20	1-41	<159	<6.5
Premenopausal, no oral contraceptives					2.5-25.0
Premenopausal, with oral contraceptives					2.0-8.0
MALE					
	<6	9.6-20	16-25	<159	5.0-30.0

TARGET REFERENCE RANGES: (ON HRT - 24hr post last dose)

	E2	E1	E3	Progesterone	Testosterone Age Dpndt
Oral	7-73	-	69-139	318-1590	
Patch	4-18	-	-	-	
Cream/Gel	37-184	-	1040-1734	3180-31797	F: 277-867 M: 347-1734

SALIVA - AM Cortisol level is below mean range and suggestive of adrenal insufficiency. This 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.

SALIVA - Afternoon Cortisol level is elevated. Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Suggestive of blood sugar imbalance.

Cortisol evening level is normal and within range.

SALIVA DHEAs level is below the mean range and suggestive of the need for supplementation with 15mg of DHEA. Maladaptation if consistently elevated cortisol. Adrenal fatigue if morning and evening cortisol only elevated, or if all markers low.

SALIVA DHEAS Ranges:

Premenopausal, no oral contraceptives: 2.5 - 25 nmol/L
 Premenopausal, with oral contraceptives: 2.0 - 8.0 nmol/L
 Postmenopausal: < 6.5 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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(h) Above reference range.



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SALIVA Melatonin midnight level is within range and adequate. If supplementation is indicated, a dose of only 1mg should be adequate before bed.

NLS Comment

If indicated, suggest seeking advise from a qualified health care provider.