



NUTRITIONAL LAB
SERVICES

PO BOX 4233
BURWOOD EAST VIC

Lab id : **12345678**

Test Stress

Date of Birth : November 26, 1939 Sex : M
Collected : July 08, 2008

www.nlabs.com.au

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

INTEGRATIVE MEDICINE

SALIVA	<u>Result</u>	<u>Range</u>		
Cortisol Midnight	28.10 *h	1.00 - 8.00	nmol/L	
Melatonin (Saliva)-Midnight	12	10 - 40	pg/mL	

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

SALIVA Melatonin midnight level is below mean reference range. Suggest supplementation with 1-3 mg melatonin 30 minutes before bed in the evening if indicated.

NLS Comment

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