RESULTS:
SALIVA HORMONE TEST

laboratory services

In-Common Laboratories

Accession# **400053166**

Patient: **Paula Patient**
Tel: 416-123-4567
Email: paulapatient@keel.com
Sex: Female
Age: 36 yr
Date of Birth: 1986-09-04
Height: Not Entered
Weight: Not Entered

Health Care Professional:

Nancy Naturopath, ND
123 Wellness Way
Grande Prairie, Alberta T8V 8B9

Sample received: 2022-12-19
Report issued: 2022-12-22

Sample collection:
2022-12-04 09:00 AM
2022-12-04 01:00 PM
2022-12-04 05:00 PM
2022-12-04 09:00 PM

ADRENAL CHECK

HORMONE ng/ml		RESULT	REFERENCE RANGE	MEDIAN
Cortisol - morning	✓	2.1	2.0 - 10.7	3.9
Cortisol - noon	✓	1.1	0.7 - 3.5	0.9
Cortisol - afternoon	!	0.4	0.5 - 3.1	0.6
Cortisol - night	!	0.2	0.3 - 3.2	0.3
CORTISOL - TOTAL	!	1.6	3.5 - 20.5	5.6
DHEA-S	✓	1.3	Female 0.2 - 2.5 Male 0.2 - 3.7	2.0 2.0
TOTAL CORTISOL: DHEA-S RATIO	!	1:1	4:1 to 5:1	3:1

YOUR REPORT SUMMARY: CORTISOL

Waking
Result lies within the reference range. Cortisol levels are normally highest shortly after waking and indicate normal adrenal function at its peak.

Afternoon
Result lies within the reference range and indicates that the adrenal glands are responding well to the needs of the day.

Evening
Result lies BELOW the reference range and indicates a diminished ability to produce adequate cortisol.

Bedtime
Result lies BELOW the reference range. Individuals with adrenal exhaustion may no longer produce sufficient amounts of cortisol throughout the day and into the evening.

Next Steps
For more information on steroid hormones, their potential impact on health and wellness and the importance of routine monitoring, please visit **www.keellabservices.com**