



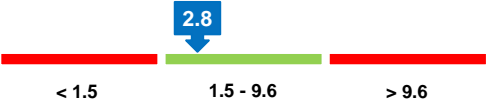
CORTISOL TEST REPORT

Patient Name John Doe	Patient ID JD640606	Non-smoker BMI Unspecified Waist Unspecified
DOB 6/6/1964 (54 yrs.)	Report Date and Time 3/19/2019 15:00	Medications Clonazepam 1.5 mg, Levothyroxine 75 mcg
Gender M	Received Date and Time 3/13/2019 15:00	
	Specimen Collection Date and Time Saliva Morning 3/7/2019 08:25 Saliva Night 3/7/2019 20:00	Provider ID: 0000 Doctor T 17387 63rd Ave Lake Oswego, OR 97035 Ph: xxx-xxx-xxxx

YOUR TEST RESULTS

Normal Range Low or High Range Your Levels

Cortisol Morning (ng/mL)



Cortisol Night (ng/mL)



What do your Cortisol results mean?

CORTISOL

In addition to being called as “the stress hormone”, cortisol helps in proper glucose metabolism, converting sugars into energy. High cortisol levels in men have been associated with hyperglycemia, weight gain, compromised immune function and high blood pressure. Cortisol imbalance is known to result in conditions like irritability, fatigue, depression, foggy thinking, weight gain and bone loss. Stress reducing activities including meditation and breathing exercise have been recommended to relieve stress levels and avoid premature aging.

Good sleep, mild exercise, meditation, adequate nutrition (protein), adrenal extracts, nutritional and herbal supplements (vitamins C, B5, Ginseng, Licorice root etc.) are some of the natural ways to boost adrenal function. Use of products that boost adrenal function should be discussed with a qualified health care provider.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.