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John Smith
1234 Main Street
ANYTOWN CA 45789
USA

Surname, First name Smith,John

DOB 05/01/1980

Sex

Lab number 1-4307

Report date 04/30/2019

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results you will also receive a brief summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending or changing any medication or therapy without consulting your doctor or practitioner.

Test: Diurnal Cortisol Test

Sample material: blood

Date collected:

Date received:

Analyte	Result	Reference range	Result
Stress Hormones			
Cortisol (morning)	10,5ng/ml	1,5-9,6ng/ml	
Cortisol (noon)	4,3ng/ml	0,6-4,1ng/ml	
Cortisol (evening)	1,5ng/ml	0,2-2,3ng/ml	
Cortisol (late evening)	1,3ng/ml	0,1-1,8ng/ml	

Cortisol (morning)

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The morning cortisol value is increased. Possible causes for higher cortisol values can be stress stimuli, cortisol substitution, infections, starvation (e.g. Fasting), chronic inflammations or hypercorticism (M. Cushing). Symptoms for increased values are thin and brittle skin, slower hair growth; fat deposits in the stomach area also benefit from permanently increased cortisol and insulin levels.

Cortisol (noon)

The cortisol value after 3-6 hours is increased.

Cortisol (evening)

The cortisol value after 6-9 hours is within the reference range.

Cortisol (late evening)

The cortisol value after 12 hours is within the reference range.

Yours sincerely,
Your laboratory team