



Verisana LAB • 818 N Quincy St Unit 806 • Arlington, VA 22203

John Smith
1234 Main Street
Anytown, AB 12345
USA

Surname, First name Smith, John

DOB 05/01/1980

Sex male

Lab number 1-4307

Report date 15/04/2020

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results you will also receive a 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: Adrenal Fatigue Test

Sample material: Saliva

Date collected: 01/04/2020

Date received: 02/04/2020

Analyte	Result	Reference Range	Result
Stress Hormones			
DHEA	300 pg/ml	42-578 pg/ml	
Cortisol (morning)	0,5 ng/ml	1,5-9,6 ng/ml	
Cortisol (noon)	5 ng/ml	0,6-4,1 ng/ml	
Cortisol (afternoon)	10 ng/ml	0,2-2,3 ng/ml	
Cortisol (evening)	1 ng/ml	0,1-1,8 ng/ml	
Hormone Ratios			
Cortisol/DHEA	1,667:1	2-85:1	

DHEA

The DHEA level is within the normal range. DHEA is produced mainly in the adrenal cortex. It is a primary substance to produce testosterone and estradiol. The DHEA level depends on the daily rhythm and age. DHEA decreases by up to 80 % between the ages of 25 and 75.



Surname, First name	DOB	Lab number	Report date
Smith, John	05/01/1980	1-4307	04/30/2019

Cortisol (morning)

The morning cortisol value is decreased. Cortisol is a stress hormone which is produced in the adrenal cortex. Stress is the strongest stimulus for the cortisol distribution. Stress hormones are chemical messengers that help the body to react to extraordinary strain. Our body can not differentiate between positive and negative stress. Stressors include heavy physical labor, competitive sports, psychological and physical stress situations, serious illnesses but also positive events such as wedding preparations, new family members, or a new job. It has an anti-inflammatory effect, stimulates the fat decomposition, and increases the protein turnover. The cortisol distribution is subject to daily fluctuations. Symptoms for decreased values may include rashes (e.g. eczemas, hives, psoriasis), hair loss, circular hair loss and loss in weight.

Cortisol (noon)

The cortisol level at noon is increased. The cortisol release has a typical daily pattern in which the cortisol levels drop in the course of the day. The maximum values are reached during the first hour and a half after waking up. Shortly thereafter, the cortisol level already drops rapidly by about 50 %. The cortisol level should not exceed 4,1 ng/ml about four hours after waking up.

Cortisol (afternoon)

The afternoon cortisol level is increased. Normally the cortisol level continues to fall gradually in the afternoon. However, some people show another small peak in the daily cortisol profile. The value may therefore also be slightly higher than the value at lunchtime, but it should remain within the reference range. Levels higher than 2,3 ng/ml are considered too high.

Cortisol (evening)

The evening cortisol level is within the reference range. The minimum cortisol level in the daily profile is reached in the evening. A low cortisol level in the evening and in the first half of the night is a prerequisite for melatonin production and thus also for deep and restful sleep. There is no evidence of a disturbance.

Cortisol/DHEA

Since cortisol and DHEA have opposing effects, they should be viewed together as a ratio. When cortisol is decreased disproportionately to DHEA, the ratio is lower. A low ratio is thought to result in dysregulation across many physiological systems like immune regulation and the balance of pro/anti-inflammatory stasis, protein, fat, and glucose metabolism as well as thyroid, pancreas, and ovarian function.

This document was issued electronically and is therefore valid without signature.