



**NUTRITIONAL LAB
SERVICES**

PO BOX 4233
BURWOOD EAST VIC

Lab id : **2960845**

Date of Birth : March 07, 1964

Sex : F

Collected : March 17, 2009

www.nlabs.com.au

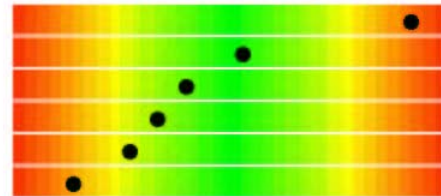
Ph: (03) 9803 5335 Fax: (03) 9888 5811

ENDOCRINOLOGY SALIVA

SALIVA

ADRENOCORTEX STRESS.

	<u>Result</u>	<u>Range</u>	
Cortisol Profile, Morning	82.5 *h	6.0 - 42.0	nmol/L
Cortisol Profile, Midday	10.8	2.0 - 15.0	nmol/L
Cortisol Profile, Afternoon	5.7	2.0 - 11.0	nmol/L
Cortisol Profile, Evening	<2.8	1.0 - 8.0	nmol/L
DHEAS Profile Morning	6.5	2.5 - 25.0	nmol/L
DHEAS/CORTISOL AM	0.08 *i	0.20 - 0.60	RATIO





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stabilization, sufficient sleep, elimination of food allergies and restoration of normal bowel function

Nutritional supplements:

High-grade multi-vitamin/mineral. Additional Vitamin C, Vitamin B5, Vitamin B6 and zinc, as indicated. Phosphatidyl serine may resensitize the hypothalamus and pituitary to cortisol negative feed back.

Herbal Support:

Nervine and "calmative" herbs: St. John's Wort (*Hypericum*), Passionflower (*Passiflora*), Valerian (*Valeriana*), Skullcap (*Scutellaria*), and Hops (*Humulus lupulus*)

Low dose adaptogens: Siberian ginseng (*Eleutherooccus senticosus*) Withania (*Withania somnifera*)

In cases of high cortisol or low DHEA or low DHEAs/cortisol ratio consider using nervine and adaptogenic herbs with divided dosing throughout the day.

DHEA or pregnenolone supplementation may be warranted.

Consider measuring testosterone and/or estradiol levels and intervene if necessary
Support immune function, if indicated.

NLS Comment

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



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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
Pre-menopausal, no oral contraceptives					2.5-25.0
Pre-menopausal, 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 - Midday Cortisol level is adequate and within range.

SALIVA - Evening Cortisol level is normal and within range.

SALIVA DHEAs level is below the mean range and suggestive of the need for supplementation with 25mg of DHEA. If however, testosterone/androgens are elevated, consider 7 Keto form of DHEA.

Maladaptation if consistently elevated cortisol. Adrenal fatigue if morning and evening cortisol only elevated, or if all markers low.

SALIVA DHEAS Ranges:

Pre-menopausal, no oral contraceptives: 2.5 - 25 nmol/L
Pre-menopausal, with oral contraceptives: 2.0 - 8.0 nmol/L
Postmenopausal: < 6.5 nmol/L

SALIVA DHEAs/CORTISOL RATIO - LOW

As a maladaptation to stress, a reduction in DHEA and an increase in cortisol synthesis can occur in the adrenal cortex due to mild or severe pathophysiological conditions. This maladaptation of adrenocortex function is characterized by a shift in pregnenolone metabolism away from both the mineralocorticoid and androgen pathways toward the glucocorticoid pathway. These changes result in a decrease in the DHEA/cortisol ratio. Low ratio has also been reported in patient suffering from Depression, Post Surgical Stress, and anorexia nervosa.

Consider the following options:

Lifestyle changes:

Stress reduction, rest & relaxation, prayer, meditation, regular exercise, blood sugar

(*) Outside reference range.

(h) Above reference range.

(l) Below reference range.