

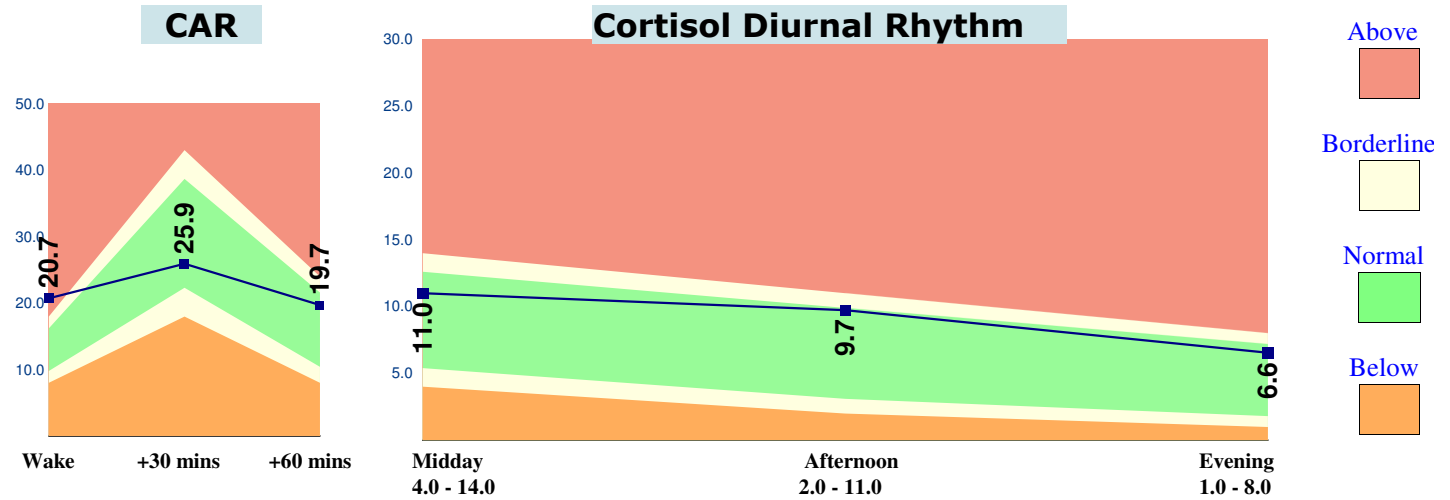


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Date of Birth : 30-Mar-1982
Sex : F
Collected : 14/Feb/2022
Received: 16-Feb-2022
26 WARRINGAH STREET
NORTH BALGOWLAH NSW 2093
Lab id : **3797368** UR#: 6588475

6 EDWARDS BAY ROAD
MOSMAN NSW 2088

CORTISOL AWAKENING RESPONSE (CAR)



Cortisol Profile, Waking	20.7		12.0 - 48.0 nmol/L
Cortisol Profile, Waking+30min	25.9		12.0 - 48.0 nmol/L
Cortisol Profile, Waking+60min	19.7		12.0 - 48.0 nmol/L
Cortisol Profile, Midday	11.0		4.0 - 14.0 nmol/L
Cortisol Profile, Afternoon	9.7		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	6.6		1.0 - 8.0 nmol/L
Cortisol Profile, Total CAR	53.2 ^H		23.0 - 42.0 nmol/L
DHEAS Profile, Waking+30min	23.8		5.0 - 30.0 nmol/L
Cortisol/DHEAS Ratio CAR	1.1 ^L		4.0 - 6.0 RATIO
CAR Rise Response	25.1 ^L		35.0 - 60.0 %
CAR Decline Response	-4.8 ^L		0.0 - 33.0 %





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CAR Comments

CORTISOL AWAKENING RESPONSE:

The cortisol awakening response (CAR) test is a transient, immediate rise in cortisol upon awakening and is distinct from the diurnal rhythm. In a normal individual without significant stressors, cortisol is highest in the morning shortly after awakening, rises by up to 60% roughly 30 minutes after awakening, then steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. A loss of the expected curve with its characteristic morning peak and steady decline towards evening may suggest HPA axis dysfunction.

CAR RISE RESPONSE IS LOW:

The rise in Cortisol from waking to 30 minutes post-waking is low.
This indicates possible adrenal insufficiency/exhaustion.

CAR DECLINE RESPONSE WITHIN NORMAL RANGE:

The decline in Cortisol from waking to 60 minutes post-waking is within normal range.
This is consistent with normal Cortisol production/metabolism.

MIDDAY CORTISOL LEVEL IS WITHIN RANGE:

Midday Cortisol level is adequate and within range.

LATE AFTERNOON CORTISOL LEVEL IS WITHIN RANGE:

Late afternoon cortisol level is adequate and within range.

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.