

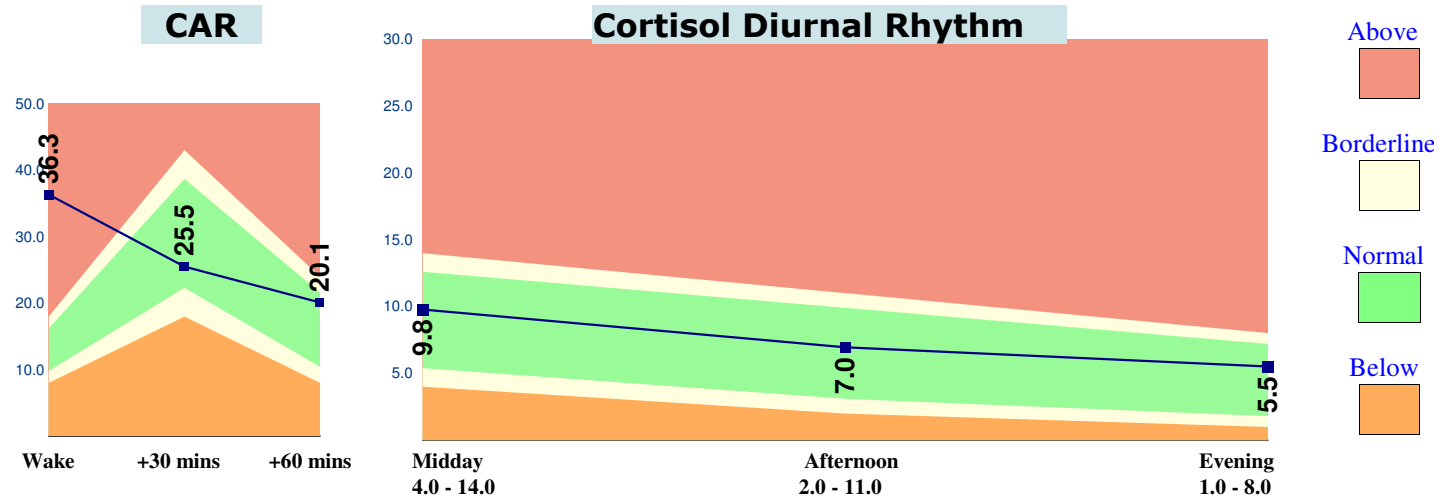


P: 1300 688 522  
E: info@nutripath.com.au  
A: PO Box 442 Ashburton VIC 3142

Date of Birth : 06-Jul-1985  
Sex : F  
Collected : 9/Mar/2022  
Received: 15-Mar-2022  
6/65 PACIFIC PARADE  
DEE WHY NSW 2099  
Lab id : **3803036** UR#: 6598668

6 EDWARDS BAY ROAD  
MOSMAN NSW 2088

## CORTISOL AWAKENING RESPONSE (CAR)



Cortisol Profile, Waking	36.3		12.0 - 48.0 nmol/L
Cortisol Profile, Waking+30min	25.5		12.0 - 48.0 nmol/L
Cortisol Profile, Waking+60min	20.1		12.0 - 48.0 nmol/L
Cortisol Profile, Midday	9.8		4.0 - 14.0 nmol/L
Cortisol Profile, Afternoon	7.0		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	5.5		1.0 - 8.0 nmol/L
Cortisol Profile, Total CAR	47.7 <sup>H</sup>		23.0 - 42.0 nmol/L
DHEAS Profile, Waking+30min	22.4		5.0 - 30.0 nmol/L
Cortisol/DHEAS Ratio CAR	1.1 <sup>L</sup>		4.0 - 6.0 RATIO
CAR Rise Response	-29.8 <sup>L</sup>		35.0 - 60.0 %
CAR Decline Response	-44.6 <sup>L</sup>		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.