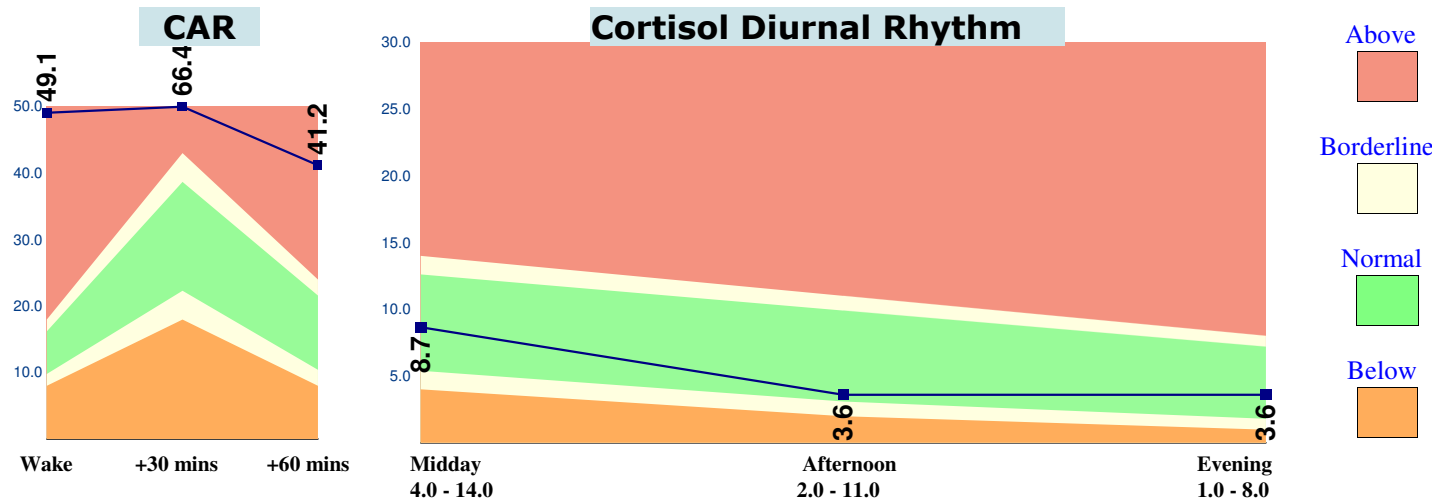




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CORTISOL AWAKENING RESPONSE (CAR)



| | | | |
|--------------------------------|--------------------|--|--------------------|
| Cortisol Profile, Waking | 49.1 ^H | | 12.0 - 48.0 nmol/L |
| Cortisol Profile, Waking+30min | 66.4 ^H | | 12.0 - 48.0 nmol/L |
| Cortisol Profile, Waking+60min | 41.2 | | 12.0 - 48.0 nmol/L |
| Cortisol Profile, Midday | 8.7 | | 4.0 - 14.0 nmol/L |
| Cortisol Profile, Afternoon | 3.6 | | 2.0 - 11.0 nmol/L |
| Cortisol Profile, Evening | 3.6 | | 1.0 - 8.0 nmol/L |
| Cortisol Profile, Total CAR | 82.3 ^H | | 23.0 - 42.0 nmol/L |
| DHEAS Profile, Waking+30min | 8.1 | | 5.0 - 30.0 nmol/L |
| Cortisol/DHEAS Ratio CAR | 8.2 ^H | | 4.0 - 6.0 RATIO |
| CAR Rise Response | 35.2 | | 35.0 - 60.0 % |
| CAR Decline Response | -16.1 ^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 WITHIN NORMAL RANGE:

The rise in Cortisol from waking to 30 minutes post-waking is within normal range. This indicates normal Cortisol production/metabolism.

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.

LOW/LOW NORMAL MIDDAY CORTISOL LEVEL:

Midday Cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests suboptimal adrenal functioning, and if accompanied by low evening cortisol and low DHEA, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

LOW/LOW NORMAL LATE AFTERNOON CORTISOL LEVEL:

Late afternoon cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests suboptimal adrenal functioning, and if accompanied by low evening cortisol and low DHEA, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

EVENING CORTISOL LEVEL WITHIN RANGE:

Saliva evening cortisol level is normal and within range.