



REBECCA LANGE
09-May-1996 Female

619 DINGO BEACH ROAD
GREGORY RIVER QLD 4800

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-.RACHEAL LEE (NPINS)
THRIVE HEALTH
SHOP 6/115 SHINGLEY DRIVE
AIRLIE BEACH QLD 4802

LAB ID : 4112471
UR NO. : 6381168
Collection Date : 12-Jun-2025
Received Date: 17-Jun-2025



4112471

ENDOCRINOLOGY SALIVA

SALIVA	Result	Range	Units	
Sleep Profile, Extensive				
Cortisol Morning	46.90	12.00 - 48.00	nmol/L	
Cortisol Noon	8.71	4.00 - 14.00	nmol/L	
Cortisol Midnight	3.6	0.0 - 5.0	nmol/L	
Melatonin (Saliva)-Morning	5	0 - 8	pg/mL	
Melatonin (Saliva), Midday	8.0 *H	0.0 - 3.0	pg/mL	
Melatonin (Saliva)-Midnight	50	10 - 58	pg/mL	

(*) Result outside normal reference range (H) Result is above upper limit of reference range



4112471

Saliva Hormone Comments

** PLEASE NOTE NEW REFERENCE RANGES AS OF 20.08.2021 **

TABLE 1: SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

FEMALE	Progesterone	DHEAS	E2	E1	E3
Pre/menarcheal	90-390		3.1-13	9.5-71	7.7-49
Follicular	90-480		3.1-17	9.5-71	7.7-49
Mid-Cycle	85-590		5.0-22	9.5-71	7.7-49
Luteal	276-1725		3.7-18	9.5-71	7.7-49
Post Menop.	80-820	1.8-18.5	3.7-16	9.0-65	9.0-62
Premenopausal, No OC's		2.5-27.0			
Premenopausal, with OC's		2.0-8.0			
MALE	<230	5.0-32.0	2.7-11	7.7-50	6.6-38

TABLE 2: TARGET REFERENCE RANGES: (ON HRT - 24 to 48 hr post last dose)

	Progesterone	Testosterone	E2	E1	E3
Oral	320-1998		7-73		69-139
Patch	-		4-18	-	-
Cream/Gel	3180-15000	F: 277-867 M: 347-1734	37-184	-	1040-1734

HIGH NORMAL MORNING CORTISOL LEVEL:

This is indicative of adrenal hyperactivity. consider investigation of Noradrenaline, Adrenaline , GABA, melatonin.

Use appropriate adaptagenic herbs or pharmaceutical interventions.

SALIVA Melatonin morning level is within normal limits.

SALIVA MELATONIN REFERENCE RANGES

Time of Day	Time	Reference Range (pg/ml)
Morning	6am - 8am	0 - 8
Midday	12 noon	0 - 3
Evening	8pm - 10pm	5 - 40
Midnight	12am - 2am	10 - 58
Early Morning	3am	Up to 50

SALIVA MELATONIN REFERENCE RANGES

Time of Day	Time	Reference Range (pg/ml)
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Tests ordered: 1013

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