

Test report

Cortisol Test

Dummy Persson

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03/19/2021

Cortisol Test
4MOWOXPC-CO



Your test results

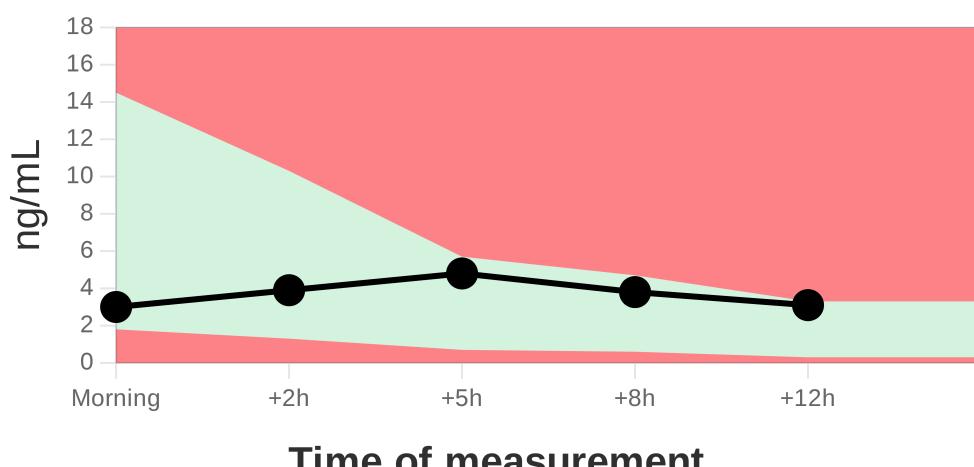
Our lab has tested the levels of cortisol in your saliva. A healthy cortisol curve should be at its highest in the morning and gradually decrease during the day. Depending on age and health, some people may have higher cortisol curves, and others might be lower. A flat curve indicates a tired state, while a low flat curve often occurs during exhaustion. Cortisol can fluctuate during the day and rise or fall on occasion. For example, different forms of exercise can affect cortisol levels.

Since cortisol can change in the morning, we have added your first three values and divided them into an average one morning value. So even if you took seven measurements in one day, your answer only shows five measurement points. It is completely correct.

Name	Your value	Reference value	Scale
Morning cortisol	3.0 ng/ml	1,8 - 14,5 ng/ml	<div style="width: 100%;"><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div><div style="width: 100%; background-color: #99ff99; height: 10px;"></div><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div></div> <div style="border: 1px solid black; padding: 2px; width: fit-content;">3.00</div>
After 2h	3.9 ng/ml	1,3 - 10,3 ng/ml	<div style="width: 100%;"><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div><div style="width: 100%; background-color: #99ff99; height: 10px;"></div><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div></div> <div style="border: 1px solid black; padding: 2px; width: fit-content;">3.90</div>
After 5h	4.8 ng/ml	0,7 - 5,7 ng/ml	<div style="width: 100%;"><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div><div style="width: 100%; background-color: #99ff99; height: 10px;"></div><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div></div> <div style="border: 1px solid black; padding: 2px; width: fit-content;">4.80</div>
After 8h	3.8 ng/ml	0,6 - 4,7 ng/ml	<div style="width: 100%;"><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div><div style="width: 100%; background-color: #99ff99; height: 10px;"></div><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div></div> <div style="border: 1px solid black; padding: 2px; width: fit-content;">3.80</div>
After 12h	3.1 ng/ml	0,3 - 3,3 ng/ml	<div style="width: 100%;"><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div><div style="width: 100%; background-color: #99ff99; height: 10px;"></div><div style="width: 100%; background-color: #ffffcc; height: 10px;"></div></div> <div style="border: 1px solid black; padding: 2px; width: fit-content;">3.10</div>

If any of your values show <0.6, it means that your cortisol level on that specific test is below 0.6, which is the lowest level measured.

Below you see your cortisol curve. Your values should be in the green area, not the red, peaking in the morning and then gradually decreasing throughout the day. The curve should not be flat.





How you can balance the body in case of stress



Cortisol



The function of cortisol



Cortisol deficiency



References



