

TEST PATIENT

TEST PHYSICIAN



GUa d'Y HYghBUa Y
 Sex : :
 DUHY Collected : 00-00-0000
 111 H9GH ROAD TEST SUBURB
@AB =8: 00000000 UR#:0000000

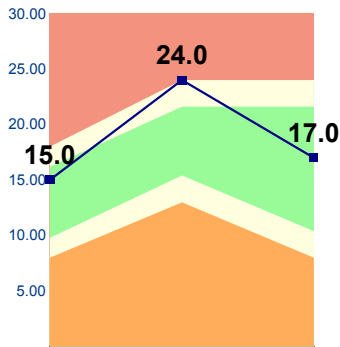
DR JOHN DOE
 111 CLINIC STF 99H
 7@B=7 GI 6I F6 J=7 \$\$\$

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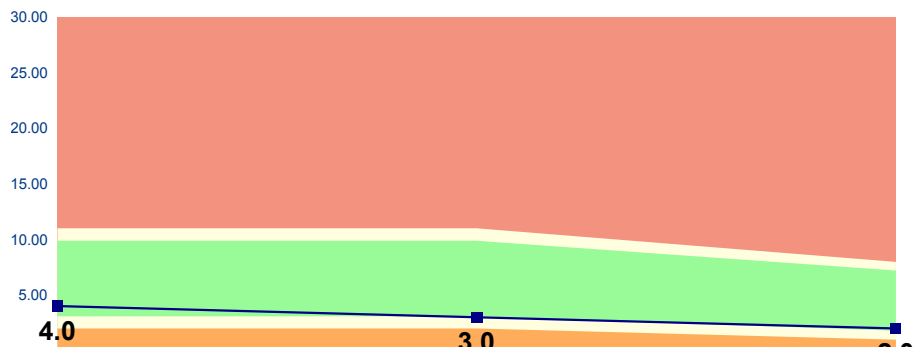
CORTISOL AWAKENING RESPONSE (CAR)

CAR

Cortisol Diurnal Rhythm



Wake 8.0 - 18.0
 +30 mins 13.0 - 24.0
 +60 mins 8.0 - 24.0

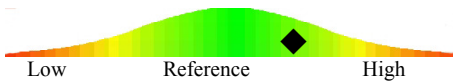


Midday 2.0 - 11.0
 Evening 2.0 - 11.0
 Night 1.0 - 8.0

Above
 Borderline
 Normal
 Below

Cortisol Profile, Waking

15.0



8.0 - 18.0 nmol/L

Cortisol Profile, Waking+30min

24.0



13.0 - 24.0 nmol/L

Cortisol Profile, Waking+60min

17.0



8.0 - 24.0 nmol/L

Cortisol Profile, Midday

4.0



2.0 - 11.0 nmol/L

Cortisol Profile, Afternoon

3.0



2.0 - 11.0 nmol/L

Cortisol Profile, Evening

2.0



1.0 - 8.0 nmol/L

Cortisol Profile, Total CAR

33.0



23.0 - 42.0 nmol/L

Cortisol/DHEAS Ratio CAR

2.7*L



4.0 - 6.0 RATIO

CAR Rise Response

60.0



35.0 - 60.0 %

CAR Decline Response

13.3



0.0 - 33.0 %





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CAR Comments

LOW 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 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.

LOW EVENING CORTISOL LEVEL:

Saliva evening cortisol levels should be lower than the mean of the range. If all 4 readings in the adrenal stress profile are low, suspect adrenal fatigue, otherwise maladaptation.