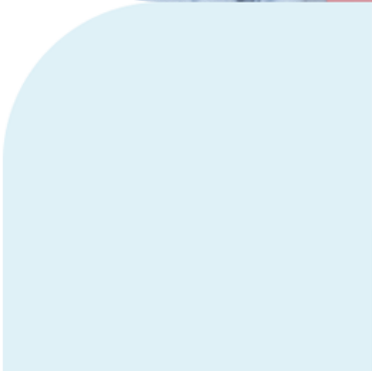
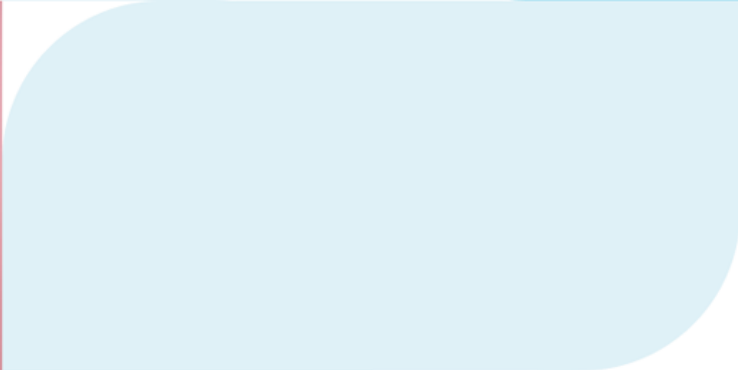




Test report



At-home test



Cortisol Test

Lab test





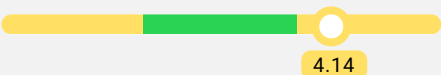
Saliva

Name: **Sample Report** Date of test: **09/22/2023** Analysis-ID: **DUMMY-30**

Your test results

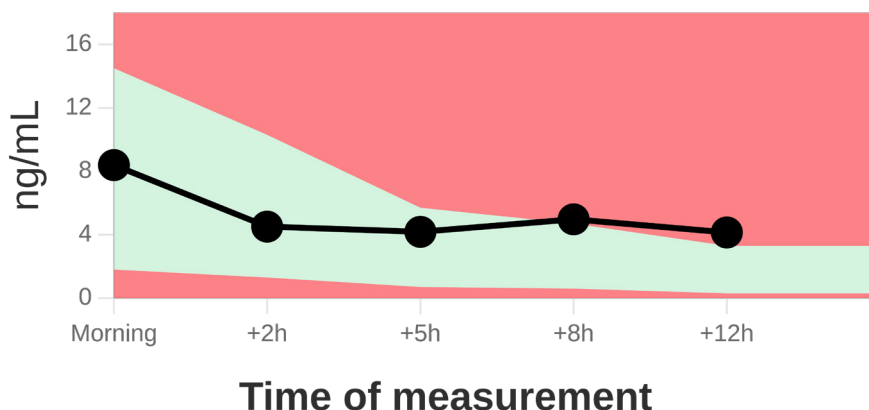
For 24h increased the levels of cortisol in your saliva. A healthy cortisol concentration fluctuates throughout the day and peaks in the morning and gradually decreases during the day. Depending on general health, some people may have higher cortisol levels and others might be lower. A stressor (illness, emotional stress, etc.) can also affect your cortisol levels. Cortisol can also be affected by the time of day and by stressors. For example, different forms of stressors can affect cortisol levels.

Some cortisol levels change in the morning, as the cortisol level is higher in the morning and gradually decreases during the day. Some of your cortisol level measurements are outside your normal range. In measurement points, it is outside the range.

Name	Your value	Reference value	Scale
Morning cortisol	● 8.39 ng/ml	1,8 - 14,5 ng/ml	
After 2h	● 4.51 ng/ml	1,3 - 10,3 ng/ml	
After 5h	● 4.18 ng/ml	0,7 - 5,7 ng/ml	
After 8h	● 4.97 ng/ml	0,6 - 4,7 ng/ml	
After 12h	● 4.14 ng/ml	0,3 - 3,3 ng/ml	

Some of your values show that it is a measure that your cortisol level is higher than expected. It is a higher level, which is the lowest level measured.

Some of your values show that your cortisol level is higher than expected. It is a higher level, which is the lowest level measured. This value should have the green color, but the red part in the morning and then gradually decreasing throughout the day. The cortisol level is 20.



How you can balance the body in case of stress

Stressors can be used to balance the body's internal environment. Stressors help interact with the functions of the body, that help us deal with stress better without overstimulating the nervous system. They can also increase white energy levels and prevent cellular damage, which increases the metabolic function (1).

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Cortisol

Cortisol is a hormone produced by the adrenal glands, which are located on top of the kidneys. It is often referred to as the "stress hormone" because it is released in response to stress. Cortisol helps regulate the body's metabolism, blood sugar levels, and immune system. It also helps with the body's response to stress, such as increasing heart rate and blood pressure. Cortisol levels can be affected by stress, and high levels of cortisol can lead to health problems such as high blood pressure, diabetes, and depression (2).

The function of cortisol

Cortisol has a variety of functions in the body. It is involved in the regulation of metabolism, immune response, and stress response. Cortisol helps regulate the body's metabolism, blood sugar levels, and immune system. It also helps with the body's response to stress, such as increasing heart rate and blood pressure. Cortisol levels can be affected by stress, and high levels of cortisol can lead to health problems such as high blood pressure, diabetes, and depression (2).

Cortisol deficiency

Cortisol is a part of the body's "stress response" system. Levels are highest in the morning and lowest at night. The production of cortisol is regulated by the hypothalamus and pituitary gland. Cortisol deficiency can lead to symptoms such as fatigue, weakness, and weight gain. It can also lead to more serious health problems, such as adrenal insufficiency (3).

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References

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