

## Salivary Cortisol and DHEA - Age Group 14 - 40

### Cortisol Levels

Inside Range

Outside Range

35

30

25

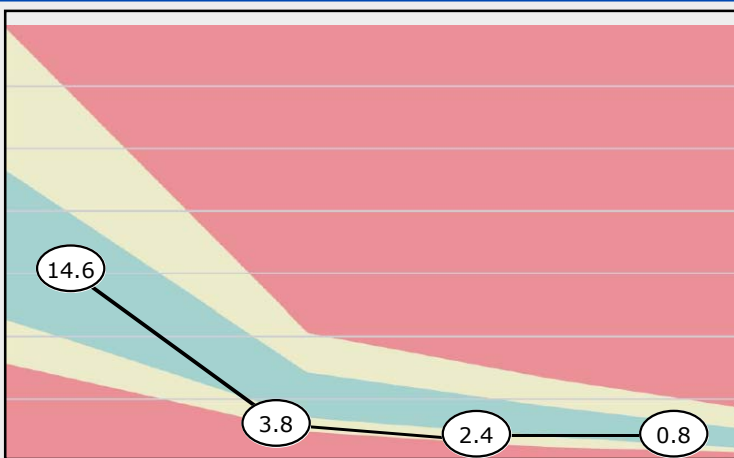
20

15

10

5

0



**Sample 1**  
12 - 22

**Sample 2**  
5.0 - 9.0

**Sample 3**  
3.0 - 7.0

**Sample 4**  
1.0 - 3.0

**Cortisol Reference Limits - nmol/L**

### Total Daily Cortisol

21.6

Range 21 - 41 nmol/L

### DHEA Levels

Sample 2 (am)

0.48

Sample 3 (pm)

0.51

### DHEA : Cortisol Ratio

2.29

#### Hormone

#### Reference Range (nmol/L)

DHEA Mean

0.50

0.40 - 1.47

DHEA:  
Cortisol Ratio

2.29

2.0 - 6.0

## Adrenal Stress Stage

Cyclic Variation: Overall this is an indication of normal adaptation to both chronic and acute stressors, however there is some variation in the individual timed readings. (See page 2 for specific indications). In the context of a patient with very long-standing stressors (years) it can indicate either good coping/adaptation methods, or represent hormone levels "dropping through" normal ranges on the way to depleted levels after having been over stimulated for many years. In such a case a follow up test in 2 - 3 months is recommended.