



Verisana LAB · Suite LP22190 · Lower Ground Floor ·
145-157 St John Street · London · EC1V 4PW

John Smith
Sample Street
Anytown

**Surname,
First name** Smith, John

DOB 01-01-1990

Sex male

Laboratory # 10000006

Date collected

Date received 01-01-2019

Report date 03-01-2019

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results you will also receive a brief summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending or changing any medication or therapy without consulting your doctor or practitioner.

Test: Diurnal Cortisol Test

Sample material: saliva

Analyte	Result	Reference range	Result
Cortisol (morning 0-1,5h)	6000 pg/ml	920-12900 pg/ml	
Cortisol (1,5-3h)	5000 pg/ml	790-7450 pg/ml	
Cortisol (3-6h)	4000 pg/ml	420-4180 pg/ml	
Cortisol (6-9h)	3000 pg/ml	320-3100 pg/ml	
Cortisol (9-15h)	2000 pg/ml	200-3000 pg/ml	



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The morning cortisol level is within the normal range. Cortisol is a stress hormone which is produced in the adrenal cortex. Stress is the strongest stimulus for the cortisol distribution. Stress hormones are chemical messengers that help the body to react to extraordinary strain. Our body can not differentiate between positive and negative stress. Stressors include heavy physical labour, competitive sports, psychological and physical stress situations, serious illnesses but also positive events such as wedding preparations, new family members or a new job. It has an anti-inflammatory effect, stimulates the fat decomposition and increases the protein turnover. The cortisol distribution is subject to daily fluctuations.

The cortisol value after 1.5-3 hours is within the reference range.

The cortisol value after 3-6 hours is within the reference range.

The cortisol value after 6-9 hours is within the reference range.

The cortisol value after 9-15 hours is within the reference range.

Yours sincerely
Your laboratory team