



Verisana LAB ·
Jane Doe
Main St 1
Anytown

Surname, First name	Doe, Jane
DOB	02/13/1978
Sex	female
Laboratory #	10020181
Date collected	01/28/2018
Date received	02/01/2018
Report date	02/13/2018

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: Stress Balance Plus

Sample material: saliva

Analyte	Result	Reference range	Result
Cortisol (morning)	20000 pg/ml	920-12900 pg/ml	
Cortisol (after 2 h)	10000 pg/ml	790-7450 pg/ml	
Cortisol (after 4 h)	5000 pg/ml	420-4180 pg/ml	
Cortisol (after 8 h)	1000 pg/ml	320-3100 pg/ml	
Cortisol (after 12 h)	200 pg/ml	200-3000 pg/ml	
DHEA (morning value)	492,0 pg/ml	150-620 pg/ml	
DHEA (after 12 h)	100,0 pg/ml	150-620 pg/ml	



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Cortisol/DHEA ratio (morning)	32,3	2-85 pg/ml	
Cortisol/DHEA ratio (after 12 h)	1,6	1-20 pg/ml	

The morning cortisol value is increased. Possible causes for higher cortisol values can be stress stimuli, cortisol substitution, infections, starvation (e.g. Fasting), chronic inflammations or hypercorticism (M. Cushing). Symptoms for increased values are thin and brittle skin, slower hair growth; fat deposits in the stomach area also benefit from permanently increased cortisol and insulin levels.

The cortisol value after 2 hours is increased.

The cortisol value after 4 hours is increased.

The cortisol value after 8 hours is within the reference range.

The cortisol value after 12 hours is within the reference range.

The DHEA (morning) value is within the normal range. DHEA is produced mainly in the adrenal cortex. It is a primary substance for the production of testosterone and estradiol. The DHEA level depends on the daily rhythm and age. From the age of 25 the DHEA production continually decreases.

The DHEA value (after 12 h) is decreased.

The cortisol/DHEA quotient describes the ratio between Cortisol and DHEA and shows how capable our body is of handling stress. A low quotient means a better medical condition. With increasing age the cortisol/DHEA quotient rises. The cortisol/DHEA quotient shows a balanced ratio of the counterparts cortisol and DHEA. This suggests that the hormonal capacity of the body is sufficient to handle stress.

The cortisol/DHEA quotient after 12 hours is within the reference range.

Yours sincerely
Your laboratory team