

# TEST REPORT

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# D2026 05 11 457 S

Ordering Provider:  
Getuwell

Samples Received  
05/11/2026  
Report Date  
05/15/2026

Samples Collected  
Saliva - 05/06/26 08:00  
Saliva - 05/06/26 12:00  
Saliva - 05/06/26 17:00  
Saliva - 05/06/26 22:00

Patient Name: Saliva 4-Point Cortisol  
Patient Phone Number:

<b>Gender</b> Female	<b>Last Menses</b> Unspecified	<b>Height</b> 5 ft 5 in	<b>Waist</b> Unspecified
<b>DOB</b> 1/1/1995 (31 yrs)	<b>Menses Status</b> Pre-Menopausal	<b>Weight</b> Unspecified	

TEST NAME	RESULTS   05/06/26	RANGE
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### Salivary Steroids & Other Analytes (LC-MS/ECLIA)

<b>Cortisol</b>	2.8 L	2.88-7.12 ng/mL (morning)
<b>Cortisol</b>	1.4	1.11-2.74 ng/mL (noon)
<b>Cortisol</b>	1.5 H	0.61-1.33 ng/mL (evening)
<b>Cortisol</b>	0.7 H	0.25-0.64 ng/mL (night)

<dl = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low.

### Therapies

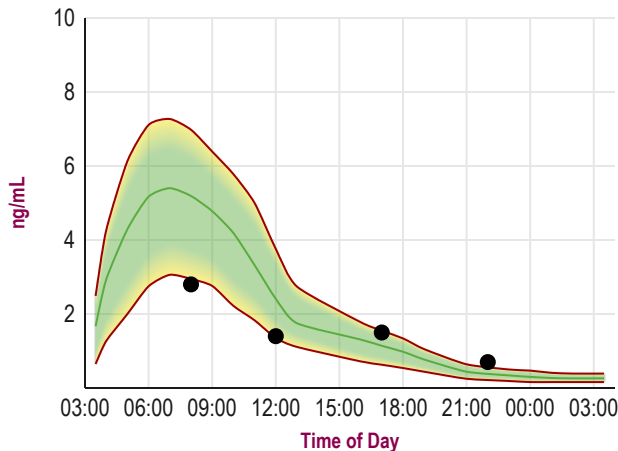
None Indicated

### Graphs

**Disclaimer:** Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

— Average ▼▲ Off Graph

### Saliva Cortisol



### Lab Comments

Cortisol (4x diurnal immunoassay) is low in the morning, normal during mid day, and high at night. This flattened circadian profile indicates adrenal dysfunction. In an individual without significant stressors, cortisol is highest in the morning shortly after awakening and steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. The abnormal pattern seen in these test results indicates some loss of negative feedback control of cortisol to the brain (hypothalamic-pituitary-adrenal axis/HPA). Desensitization of the brain to cortisol often is related to excessive and chronic stressors (emotional, dietary, physical), nutrient imbalances/deficiencies, or the inability to regulate glucose levels (dysglycemia). Adrenal dysfunction, particularly high night cortisol, is associated with symptoms of sleep disturbances, anxiety, memory lapses, fatigue, bone loss, and depression. A high night cortisol may contribute to sleep disturbances and immune dysfunction. Adequate rest and sleep, gentle exercise, proper diet (adequate protein), nutritional (vitamins C and B5) and herbal supplements are some of the natural ways to support adrenal function. For additional information about strategies for supporting adrenal health and reducing stress(ors), the following books are worth reading: "Adrenal Fatigue", by James L. Wilson, N.D., D.C., Ph.D.; "The Cortisol Connection", by Shawn Talbott, Ph.D.; "The End of Stress As We Know It" by Bruce McEwen; "Awakening Athena" by Kenna Stephenson, MD.