



Adrenal Hormone Report; saliva



Order: Sample Report Cortisol Profile



Client #:

Regenerus Laboratories Ltd
Aero 14, Redhill Aerodome, Kings Mill
Ln
Redhill Surrey, RH1 5JY
United Kingdom

Patient:

Id:

Age: 58 **DOB:**

Sex: Female

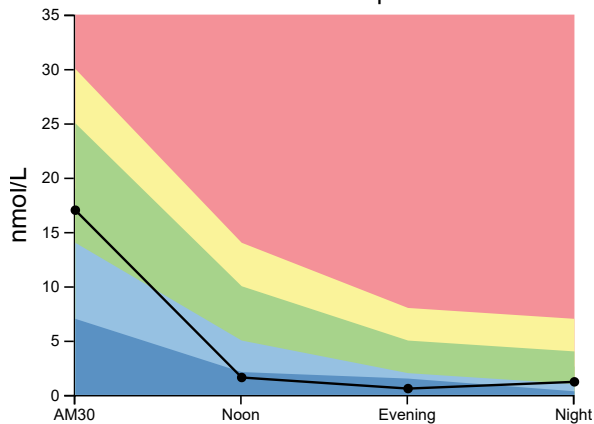
Menopausal Status: Post-menopausal

Sample Collection Date/Time

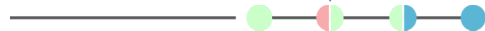
Date Collected	04/28/2023
AM30	04/28/2023 06:30
Noon	04/28/2023 12:35
Evening	04/28/2023 17:45
Night	04/28/2023 21:20
Date Received	05/04/2023
Date Reported	05/08/2023

Analyte	Result	Unit	L	WRI	H	Optimal Range	Reference Interval
Cortisol AM30	17	nmol/L		◆		14.0 – 25.0	7.0 – 30.0
Cortisol Noon	1.6	nmol/L	↓			5.0 – 10.0	2.1 – 14.0
Cortisol Evening	0.58	nmol/L	↓			2.0 – 5.0	1.5 – 8.0
Cortisol Night	1.2	nmol/L		◆		1.0 – 4.0	0.33 – 7.0

Cortisol Graph



Adrenal Phase: 1



Hormone Comments

- AM cortisol level appears adequate, although the suboptimal diurnal cortisol pattern is suggestive of early (Phase 1) HPA axis (adrenal gland) dysfunction.

Notes:

The current samples are routinely held three weeks from receipt for additional testing.

RI= Reference Interval, L (blue)= Low (below RI), WRI (green)= Within RI (optimal), WRI (yellow)= Within RI (not optimal), H (red)= High (above RI)

Methodology: Enzyme Immunoassay



Melatonin Report; saliva



Order: Sample report Melatonin AM & PM



Client #:

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Patient:

Id:

Age: 58 **DOB:**

Sex: Female

Menopausal Status: Post-menopausal

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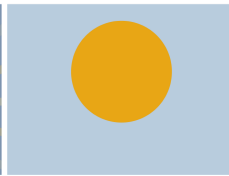
Evening 04/28/2023 17:45

Night 04/28/2023 21:20

Date Received 05/04/2023

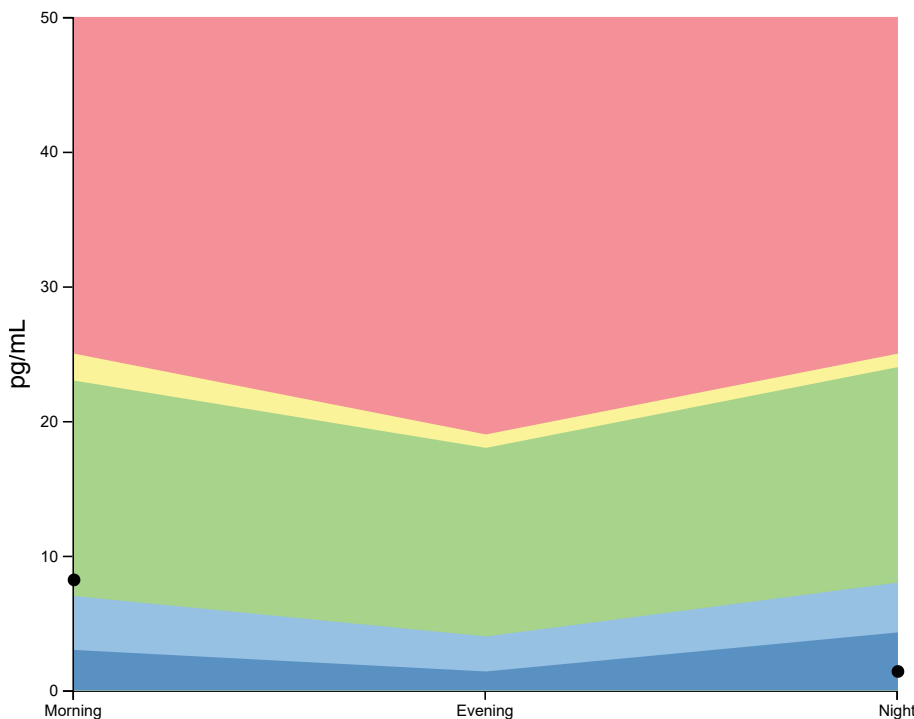
Date Reported 05/08/2023

Analyte	Result	Unit	L	WRI	H	Reference Interval
Melatonin Morning*	8.2	pg/mL				3.0 – 25
Melatonin Night*	<1.4	pg/mL				4.3 – 25



Melatonin Comments

Melatonin levels follow a diurnal rhythm in response to the light-dark cycle, with highest levels produced at night during times of darkness. Melatonin and cortisol levels have an inverse relationship. Whereas optimal cortisol levels are highest 30 minutes after waking with a gradual decline throughout the waking day and continued decline to lower night-time levels, melatonin levels are lower during the daytime and gradually rise later in the evening when light is dim, beginning approximately 2 hours before bed time. Disruptions in expected melatonin and/or cortisol pattern(s) may result in sleep disturbances. Exposure to light may suppress melatonin levels. Nuts, fruits, fruit juice, wine, rice, and coffee are known to contain melatonin, and may increase levels. Additionally, anti-anxiety and anti-depressant medications categorized as SSRI's and SNRI's (selective serotonin and/or norepinephrine reuptake inhibitors) may increase melatonin, as can commonly used herbs such as St. John's Wort and Feverfew.



Notes:

RI= Reference Interval, L (blue)= Low (below RI), WRI (green)= Within RI (optimal), WRI (yellow)= Within RI (not optimal), H (red)= High (above RI)

*This test was developed and its performance characteristics determined by Doctor's Data Laboratories in a manner consistent with CLIA requirements. The U. S. Food and Drug Administration (FDA) has not approved or cleared this test; however, FDA clearance is not currently required for clinical use. The results are not intended to be used as a sole means for clinical diagnosis or patient management decisions.

Methodology: Enzyme Immunoassay