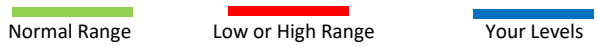




# SALIVA TEST REPORT

|  |   |  |               |                    |
|--|---|--|---------------|--------------------|
| <b>Patient Name</b><br>Jane Doe            | <b>Patient ID</b><br>JD700618                   | <b>Non-smoker</b>  | <b>BMI</b> 27 | <b>Waist</b> 34 in |
| <b>DOB</b><br>6/18/1970 (48 yrs.)          | <b>Report Date and Time</b><br>1/16/2019 12:00  | <b>Medications</b><br>Synthroid, Valtrex, Lysine, Wellbutrin, Liothyronine, Allertec, Selenium, Vitamin Supplements. |               |                    |
| <b>Gender</b><br>F                         | <b>Received Date and Time</b><br>1/9/2019 15:00 |  |               |                    |
| <b>Menopausal Status</b><br>Postmenopausal | <b>Specimen Collection Date and Time</b>        | <b>Provider ID:</b> 0000   |               |                    |
|  | Saliva Morning 1/6/2019 07:42                   | Doctor T   |               |                    |
|  | Saliva Noon 1/6/2019 12:00                      | 17387 63rd Ave   |               |                    |
|  | Saliva Evening 1/6/2019 16:00                   | Lake Oswego, OR 497035   |               |                    |
|  | Saliva Night 1/6/2019 21:00                     | <b>Ph:</b> xxx-xxx-xxxx  |               |                    |

## YOUR TEST RESULTS



### Cortisol Morning (ng/ml)



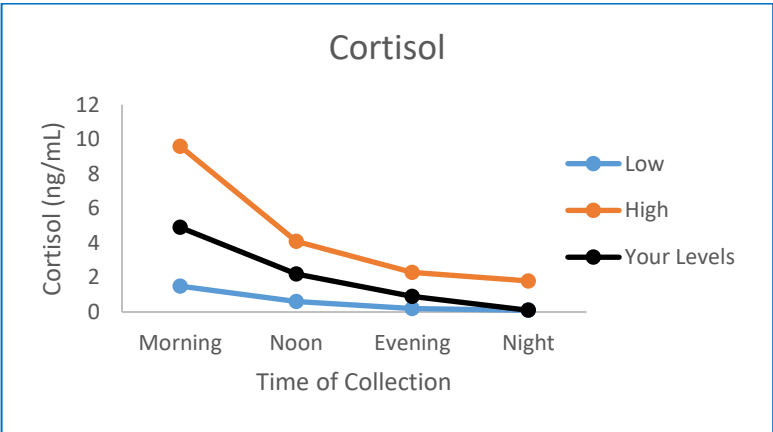
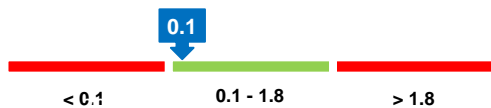
### Cortisol Noon (ng/ml)



### Cortisol Evening (ng/ml)



### Cortisol Night (ng/ml)



\*Only when Estradiol is within normal premenopausal range

## What do your hormone results mean?

### **CORTISOL**

In addition to being called as “the stress hormone”, cortisol helps in proper glucose metabolism, converting sugars into energy. High cortisol levels in men have been associated with hyperglycemia, weight gain, compromised immune function and high blood pressure. Cortisol imbalance is known to result in conditions like irritability, fatigue, depression, foggy thinking, weight gain and bone loss. Stress reducing activities including meditation and breathing exercise have been recommended to relieve stress levels and avoid premature aging.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. It has not been cleared or approved by the FDA. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.

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