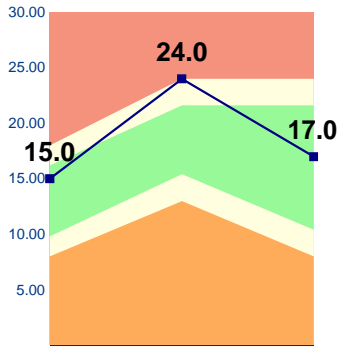




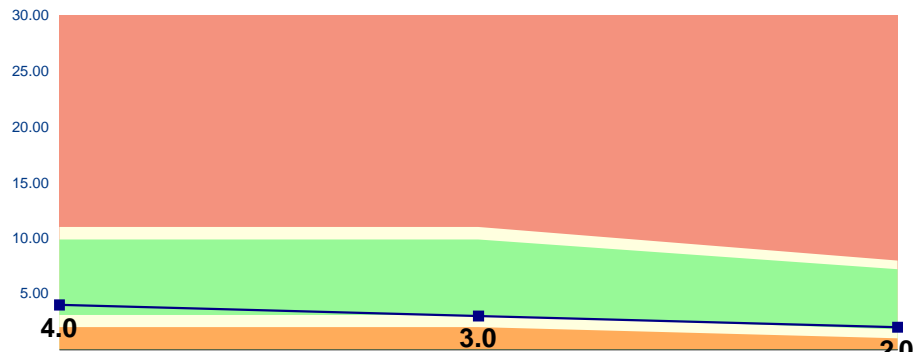
CORTISOL AWAKENING RESPONSE (CAR)

CAR

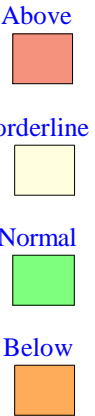


Wake 8.0 - 18.0 +30 mins 13.0 - 24.0 +60 mins 8.0 - 24.0

Cortisol Diurnal Rhythm



Midday 2.0 - 11.0 Evening 2.0 - 11.0 Night 1.0 - 8.0



Cortisol Profile, Waking	15.0		8.0 - 18.0 nmol/L
Cortisol Profile, Waking+30min	24.0		13.0 - 24.0 nmol/L
Cortisol Profile, Waking+60min	17.0		8.0 - 24.0 nmol/L
Cortisol Profile, Midday	4.0		2.0 - 11.0 nmol/L
Cortisol Profile, Afternoon	3.0		2.0 - 11.0 nmol/L
Cortisol Profile, Evening	2.0		1.0 - 8.0 nmol/L
Cortisol Profile, Total CAR	33.0		23.0 - 42.0 nmol/L
Cortisol/DHEAS Ratio CAR	2.7*L		4.0 - 6.0 RATIO
CAR Rise Response	60.0		35.0 - 60.0 %
CAR Decline Response	13.3		0.0 - 33.0 %



Date of Birth: 08-Jan-1985
Sex: M
Collected: 31/Oct/2019
Received: 31/Oct/2019
INTERNATIONAL PATIENT 1000
Lab id: **3640442** UR#:

International
Psychology Centre 11-
1 Wisma Laxton Jalan
Desa KUALA LUMPUR
MALAYSIA 58100 1000

CAR Comments

LOW MIDDAY CORTISOL LEVEL:

Midday Cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests suboptimal adrenal functioning, and if accompanied by low evening cortisol and low DHEA, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

LOW LATE AFTERNOON CORTISOL LEVEL:

Late afternoon cortisol level is below mean range and suggestive of adrenal insufficiency. This suggests suboptimal adrenal functioning, and if accompanied by low evening cortisol and low DHEA, suspect adrenal fatigue. Suggest supplementation with DHEA and standard adrenal support.

LOW EVENING CORTISOL LEVEL:

Saliva evening cortisol levels should be lower than the mean of the range. If all 4 readings in the adrenal stress profile are low, suspect adrenal fatigue, otherwise maladaptation.