WellLab®

P: +60320287551

E: welllabtests@gmail.com

WellLab URL: WellLabTests.com

25342-0305

Dr Test Doctor (Test Doctor) Test Clinic. 123 Test Street, Test

Lab ID
Patient ID PAT-100009
Ext ID 25342-0305

Test Patient

Sex: Male 45yrs 01-Jan-80

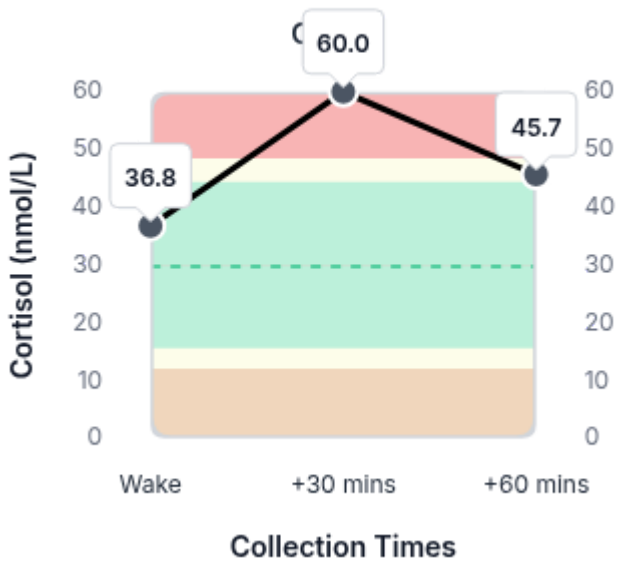
123 Home Street, Test

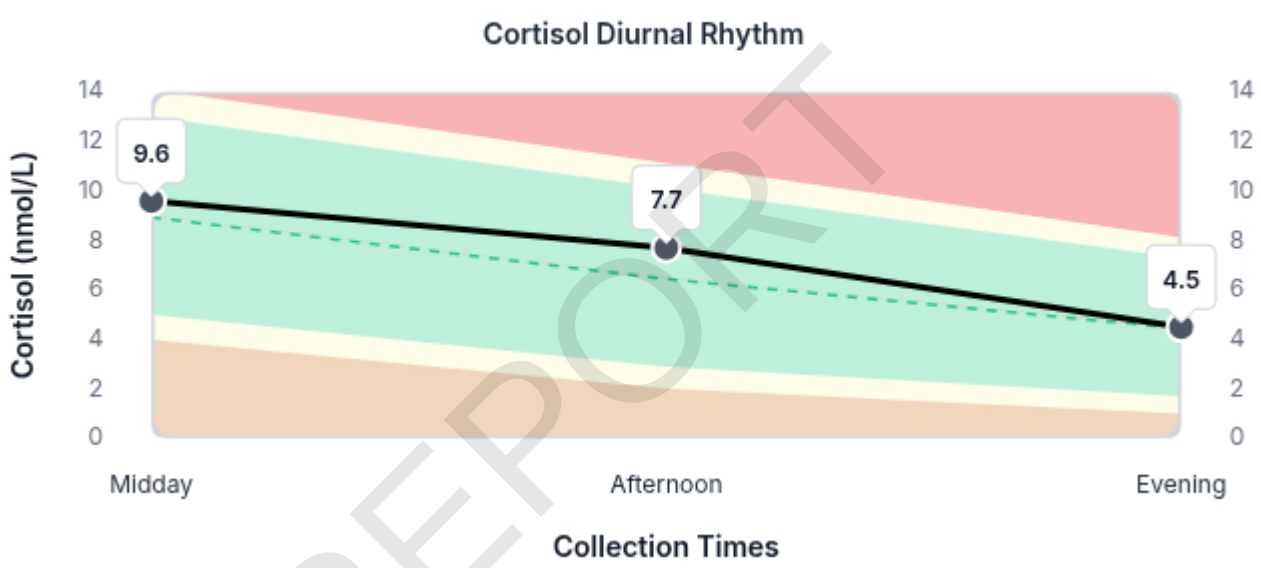
RECEIVED
08-Dec-25

CORTISOL AWAKENING RESPONSE PROFILE

Specimen type - Saliva

Collected
05-Dec-25 06:30am, 07:00am, 07:30am, 12:00pm, 04:00pm, 08:00pm





SAMPLE REPORT

CORTISOL Values

TEST	RESULT	H/L	REFERENCE	UNITS
Cortisol, Waking	36.80		(12.00-48.00)	nmol/L
Cortisol, Waking+30min	60.00	H	(12.00-48.00)	nmol/L
Cortisol, Waking+60min	45.70		(12.00-48.00)	nmol/L
Cortisol, Midday	9.6		(4.0-14.0)	nmol/L
Cortisol, Afternoon	7.7		(2.0-11.0)	nmol/L
Cortisol, Evening	4.5		(1.0-8.0)	nmol/L
CAR Cortisol, Total	81.80	H	(19.00-81.00)	nmol/L

CORTISOL AWAKENING RESPONSE (CAR)

TEST	RESULT	H/L	REFERENCE	UNITS
CAR Rise Response	63.04	H	(35.00-60.00)	%
CAR Decline Response	24.18		(0.00-33.00)	%

DHEAS Values

TEST	RESULT	H/L	REFERENCE	UNITS
DHEAS, Waking+30min	15.00		(1.80-18.00)	nmol/L
CAR Cort/DHEAS Ratio	4.00		(2.00-25.00)	ratio

NATA Accreditation No. 20770. The current scope of accreditation is available on the NATA website.

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Cortisol Awakening Response Comment

CORTISOL AWAKENING RESPONSE:

The cortisol awakening response (CAR) test is a transient, immediate rise in cortisol upon awakening and is distinct from the diurnal rhythm. In a normal individual without significant stressors, cortisol is highest in the morning shortly after awakening, rises by up to 60% roughly 30 minutes after awakening, then steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. A loss of the expected curve with its characteristic morning peak and steady decline towards evening may suggest HPA axis dysfunction.

CAR RISE RESPONSE IS ELEVATED:

The percentage rise in cortisol from waking to 30 minutes post-waking is elevated. The excess surge in cortisol is believed to be due to a patient's response in anticipation of the day ahead. An increased CAR is observed in individuals with perceived elevated burden, manifesting in Cortisol overproduction.

CAR DECLINE RESPONSE WITHIN NORMAL RANGE:

The decline in Cortisol from waking to 60 minutes post-waking is within normal range. This is consistent with normal Cortisol production/metabolism.

MIDDAY CORTISOL LEVEL IS WITHIN RANGE: Midday Cortisol level is adequate and within range.

LATE AFTERNOON CORTISOL LEVEL IS WITHIN RANGE: Late afternoon cortisol level is adequate and within range.

EVENING CORTISOL LEVEL WITHIN RANGE: Saliva evening cortisol level is normal and within range.

Methodology

Automated Chemistry/Immunochemistry, Liquid Chromatography-Mass Spectrometry (LC-MS/MS/MS)

SAMPLE REPORT

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