

Accession: 26-AASI-6

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Results For: SAMPLE REPORT, FEMALE PATIENT -

Age: 27 DOB: 11/16/1998 Sex: F

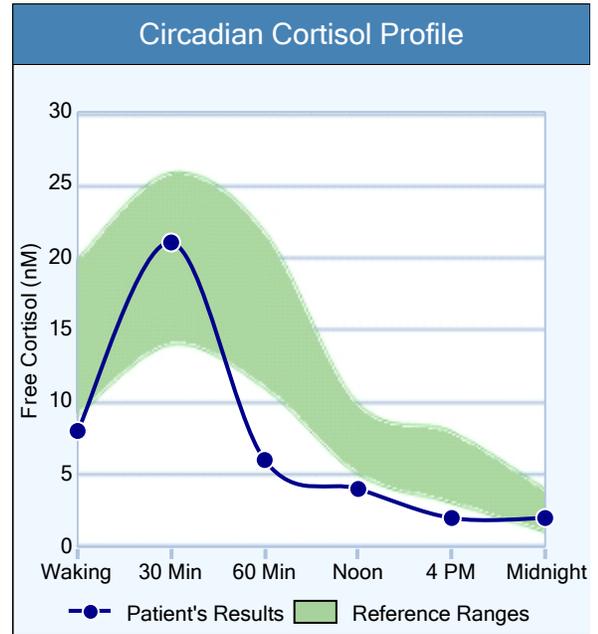
Patient's Tel:

Ref. ID:

Specimen Collected: 3/22/2026

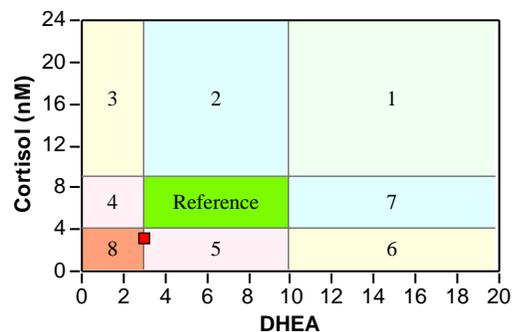
ASI - Adrenal Stress Index with Cortisol Awakening Response - Saliva

| Test  | Description                     | Result    | Ref Values (nM) |
|---|---------------------------------|-----------|-----------------|
| TAP   | <b>Cortisol rhythm (saliva)</b> |           | <b>Adults:</b>  |
|   | Awakening                       | 8 Low     | 9-20            |
|   | 30 - 45 Minutes                 | 21 Normal | 14-26           |
|   | 60 - 75 Minutes                 | 6 Low     | 11-22           |
|   | 11:00 - 1:00 PM                 | 4 Low     | 5-10            |
|   | 04:00 - 05:00 PM                | 2 Low     | 3-8             |
|   | 10:00 - Midnight                | 2 Normal  | 1-4             |
| <b>Total Cortisol Output:</b>   |                                 | <b>43</b> | <b>43-90 nM</b> |
| <p>The Total Cortisol Output is the sum of all cortisol values. Elevated values may indicate hypercortisolism or exogenous exposure, and low values suggest adrenal hypofunction.</p> <p>Healthy cortisol production follows a diurnal rhythm in response to the light-dark cycle, displaying high cortisol levels in the morning after awakening, declining levels throughout the day, and low levels during the evening and night.</p> <p><b>Cortisol Awakening Response: 163% &gt; 50%</b></p> <p>A unique and dramatic component of the 24-hour circadian cortisol rhythm is the Cortisol Awakening Response (CAR), which provides insight into the health of the Hypothalamic-Pituitary-Adrenal (HPA) axis when tested. During an average day, the most substantial shift in the cortisol level occurs between the moment of awakening and approximately 30-45 minutes post-awakening. In healthy individuals, the cortisol level increases by at least 50% during the 30-45 minutes post-awakening, compared to the cortisol level at awakening. The CAR is calculated as the percent change from the cortisol level at awakening to the cortisol level 30-45 minutes post-awakening.</p> |                                 |           |                 |



| Test   | Description  | Result       | Ref Values         |
|--|--|--------------|--------------------|
| <b>DHEA</b>  | <b>Dehydroepiandrosterone [DHEA + DHEA-S] (saliva) Single Collection</b> | 3 Borderline | Adults: 3-10 ng/ml |
| <p>According to the general adaptation syndrome theory originally described by endocrinologist Hans Selye, there are three primary phases to the stress response: 1) alarm reaction, 2) resistance, and 3) exhaustion. Alternately, the stress response may be assessed as a series of stages (or "zones") according to the relative production of cortisol and DHEA. To assess this cortisol-DHEA correlation, the DHEA value is graphed against the average of the noon and afternoon cortisol values, allowing the patient to be characterized according to the zone into which he or she falls.</p> <p><b>Figure 2 shows your Cortisol-DHEA correlation was in:</b></p> <p><b>Zone 5 - Depressed cortisol</b></p> <p>Zone 5 represents depressed cortisol production coupled with normal DHEA output. Low cortisol output can occur as a result of chronic stress in some individuals, or may be due to other causes or disease states. With continued exposure to stressors, significant adrenal hypofunction may result. Individuals with suppressed pituitary ACTH production due to a history of exogenous corticosteroid use also may show this result.</p> |  |              |                    |

**Figure 2: Cortisol-DHEA Correlation**



**CORTISOL-DHEA CORRELATION SPECTRUM**

1. Acute stress response: high cort, DHEA
2. Cortisol elevation
3. High cortisol, low DHEA
4. Depressed DHEA
- 5. Depressed cortisol**
6. Low cortisol, high DHEA
7. DHEA elevation
8. Adrenal hypofunction: low cort, DHEA

| Test   | Description                     | Result | Ref Values  |
|--|---------------------------------|--------|---|
| <b>ISN</b>   | <b>Insulin (saliva) Fasting</b> | 14     | Borderline Elevated: 3-11 uIU/mL<br>Elevated: > 11 uIU/mL |
|  | <b>Non-fasting</b>              | > 50   | Borderline Elevated: 6-25 uIU/mL<br>Elevated: > 25 uIU/mL |
| <p>Insulin activity is affected by the stress response. Chronic stress with cortisol elevation may counteract the effects of insulin, and may lead to functional insulin resistance.</p> <p>Fasting insulin levels may be elevated in cases of insulin resistance.</p> <p>Non-fasting insulin levels vary with type of meal and time of sample collection. Non-fasting insulin levels may be elevated in cases of insulin resistance.</p> <p>A normal (non-elevated) insulin test result does not rule out the possibility of insulin resistance or blood sugar dysregulation.</p> |                                 |        |   |

**Figure 3: Insulin Levels**

