

**Accession: 26-NLASI-6**  
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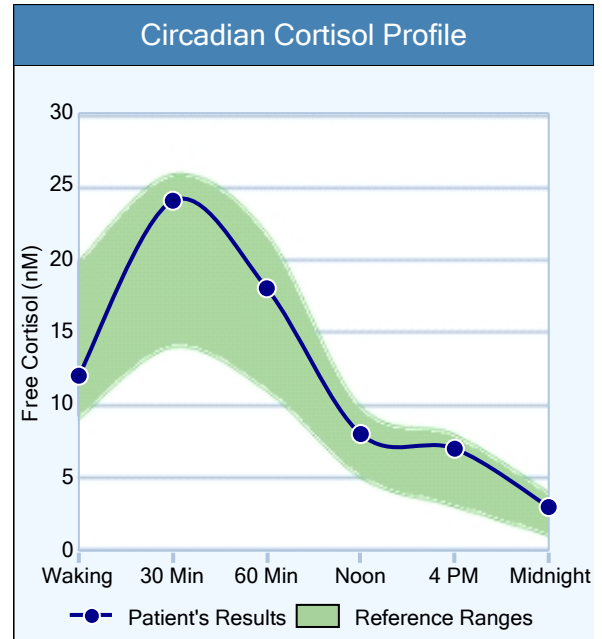
Received: **3/25/2026**  
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DIAGNOSTECHS, INC  
 840 S 333rd St  
 Federal Way, WA 98003

**Results For: SAMPLE REPORT, MALE PATIENT -**  
 Age: **73** DOB: **1/11/1953** Sex: **M**  
 Patient's Tel:  
 Ref. ID:  
 Specimen Collected: **3/22/2026**

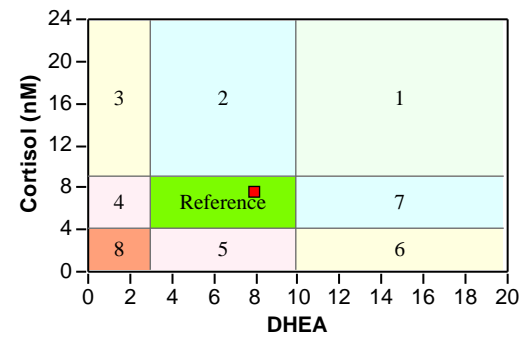
**NLASI - Custom Adrenal Stress Index with Cortisol Awakening Response - Saliva**

Test	Description	Result	Ref Values (nM)
TAP	<b>Cortisol rhythm (saliva)</b>		<b>Adults:</b>
	Awakening	12 Normal	9-20
	30 - 45 Minutes	24 Normal	14-26
	60 - 75 Minutes	18 Normal	11-22
	11:00 - 1:00 PM	8 Normal	5-10
	04:00 - 05:00 PM	7 Normal	3-8
	10:00 - Midnight	3 Normal	1-4
<b>Total Cortisol Output:</b>		<b>72</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: 100% &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
DHEA	Dehydroepiandrosterone [DHEA + DHEA-S] (saliva) Single Collection	8 Normal	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>Reference zone</b></p> <p>Individuals with results in the reference zone display a relative balance in average cortisol (noon and afternoon) and DHEA values. Being in the reference zone does not preclude other manifestations of suboptimal adrenal function such as fluctuating cortisol values (elevated and depressed during one day), or impaired circadian rhythm (particularly involving morning or bedtime cortisol production).</p>			

Figure 2: Cortisol-DHEA Correlation



<b>CORTISOL-DHEA CORRELATION SPECTRUM</b>	
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

Diagnosis Code(s): Not Provided To The Lab

Results and comments above are intended for informational purposes and should not be construed as medical advice. Use this report in context of the clinical picture and patient history before initiating any treatment.

For additional resources, including testing guidelines, result interpretation, and treatment protocols, please login to our website at [www.diagnostechs.com](http://www.diagnostechs.com) and select Resources -> Provider Tools.

COURTESY INTERPRETATION of test and technical support are available upon request, to Physicians Only.