ADRENALS, HORMONES & STRESS TEST

The Complete View of Your Sex Hormones & Stress Levels

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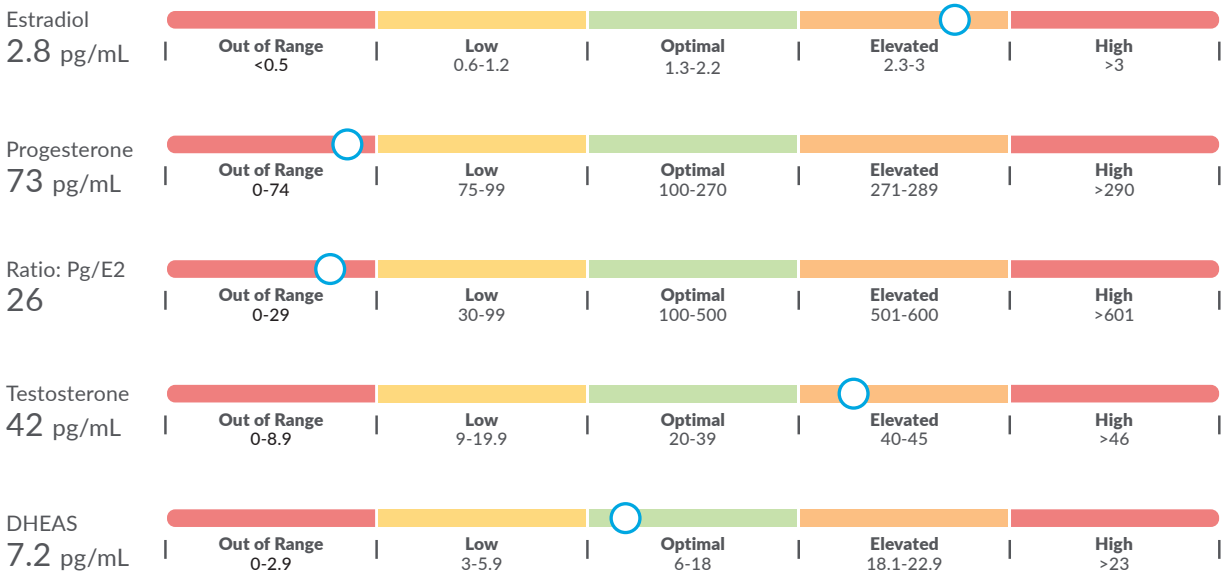
Patient:
DOB:
Height:
Weight:

Practitioner:
Lab #:
Collection Date: 11-14-2023
Received: 11-16-2023

Sex Hormones



Summary

This Adrenals, Hormones & Stress Test takes into account premenopausal ranges and is a comprehensive look at multiple complementary systems in the body that, if imbalanced, can contribute to not feeling your best. The sex hormone levels above are taken from the saliva sample and are the best measurement of active amounts in the body. These ranges will not be comparable to bloodwork and should be compared to saliva testing only.

The estradiol level is higher than optimal. You may experience bloating, irritability, headaches, water retention, weight gain in hips, joint pain, breast tenderness or acne. You may also experience sleep disturbances or mood swings.

Elevated levels of estradiol can be due to hormone replacement therapy, chronic constipation, slower detox pathways, high stress, exposure to plastics, pesticides and chemicals as well as hormones in food.

The progesterone level is low and may result in breast tenderness, low mood or irritability, weight gain, irregular periods or sleep disturbances. This can be due to chronic stress, gut imbalances, nutrient deficiencies, hormonal contraceptives or having the ovaries removed.

The progesterone to estradiol ratio is low. You may have feelings of hot flashes, night sweats, weight gain, irregular menstrual cycles, breast tenderness, brain fog, mood swings, headaches, fatigue, infertility, lower bone density, sleep disturbances, lower libido, anxiety/depression. This can be due to balanced levels of estradiol and low levels of progesterone. It may also be higher levels of estradiol and normal to lower levels of progesterone. This can put the body in a more estrogen dominant state. It can be caused by chronic stress, aging, hormonal contraceptives, xenoestrogens, toxins or hormone replacement therapy.

The level of testosterone is elevated and may be associated with irritability, acne, facial and body hair growth or hair thinning on the head. Elevated levels can be due to hormone replacement therapy, acute stress, or taking the test after a hard workout.

The level of DHEA is optimal.

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Cortisol

		Out of Range	Low	Optimal	Elevated	High
Morning	3.4 pg/mL	0-4.4	4.5-5.9	6-9.0	9.1-12	>12.1
Noon	3.0 pg/mL	0-1	1.1-1.9	2-3	3.1-4	>4.1
Evening	2.3 pg/mL	0-0.3	0.4-0.7	0.8-1.5	1.6-1.9	>2.0
Night	1.5 pg/mL	0-0.1	0.11-0.29	0.3-0.59	0.6-0.79	>0.8
Total Cortisol	10.2 pg/mL	0-4.5	4.6-8.9	9.0-13	13.1-18	>18.1

Summary

Cortisol is a steroid hormone produced by the adrenal glands due to the normal circadian rhythm as well as stressors. Ideally, cortisol is highest in the morning and lowest before bed as it helps to regulate the sleep/wake cycle. The decrease in cortisol before bed stimulates melatonin production. Cortisol is measured in the saliva to show the amount of available cortisol in the body and is not comparable to bloodwork results.

The morning cortisol level is low. You may experience low energy, sleep disturbances, feeling cold, sugar cravings or brain fog. Low levels can be due to chronic stress, poor sleep habits, nutrient deficiencies, or physical stressors like injuries or gut-based imbalances.

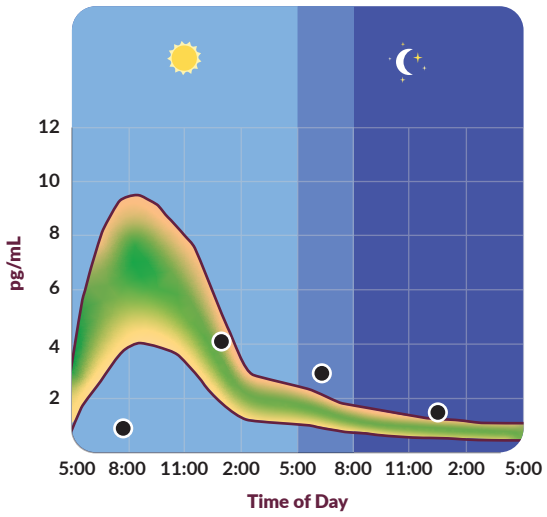
Your noon cortisol level is optimal.

The level of cortisol in the evening is elevated. You may experience overwhelm, nervousness or you could feel no symptoms. This level can be due to stress, afternoon caffeine intake or an afternoon workout.

The nighttime level of cortisol is high. You may feel overwhelmed or wide awake at night or may consider yourself a “night owl”. This can be due to stress, evening exercise, blue light exposure, caffeine late in the day and can be an indication of an imbalanced circadian rhythm.

The total cortisol output in the sample is optimal. If energy levels still feel imbalanced during the day, please see the recommendations section for supportive recommendations.

Your Daily Cortisol



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Next Steps & Recommendations

Daily Foundational Support — Level 2

- The Daily Foundational Protocol (Powder) — Level 2 is a quick and easy morning routine to nourish the body and mind. The Level 2 protocol contains everything included in Level 1 and adds Omega-3 Support capsules that provide essential fatty acids for brain, heart health and more. View Product

Estrogen Balance

- Estrogen Balance is formulated to naturally and effectively decrease estrogen dominance to balance mood, metabolism, and provide key antioxidants that support optimal hormone balance. View Product

Progesterone Support

- Progesterone Support is designed to naturally boost the levels of this important hormone with botanical extracts, Ayurvedic herbs and ingredients that have been used for thousands of years in traditional Chinese medicine. View Product

Sleep Help Protocol

- The Sleep Help Protocol relaxes muscles and induces calm in the mind. It is designed to bring the synergistic benefits of our top-selling sleep support products that work together to help you get the rest you deserve. View Product

Adrenal Energy Support

- Adrenal Energy Support provides the adrenal gland with adaptogenic herbs and functional medicine ingredients that help to fight fatigue and improve mental clarity. View Product

Full Spectrum Magnesium

- Full Spectrum Magnesium utilizes three unique delivery formats ensuring maximum absorption and effectiveness in the body. It is a superior source of magnesium for better bioavailability, helps the body to relax and achieve restful sleep, promotes improved mental clarity, and aids in muscle relaxation. View Product

Summary

Supporting healthy hormone levels and hormone balance is important to helping you feel your best. Since the hormone levels are not all optimal on this test, it is recommended to support healthy levels with the Daily Foundational Protocol Level 2. Within this Protocol you may choose the Daily Nutritional Support powder or the Multi-Vitamin capsules if preferred.

The level of estradiol is elevated and it is suggested to support a healthy balance with Estrogen Balance, 1 with breakfast and 1 with dinner for 12 weeks. Also adding more cruciferous vegetables to the diet may be beneficial. If you are taking birth control or hormone replacement please see your provider for any recommendations.

The level of progesterone is low and can be supported by adding Progesterone Support, 1 capsule at breakfast, lunch and dinner for 12 weeks. It is also important to find ways to reduce stress such as meditation, dancing or binaural beats and getting 7-9 hours of quality sleep. If you are taking birth control or hormone replacement please see your provider for any recommendations.

The hormone levels are important as is the balance of progesterone to estradiol. When the ratio is less than 100, it indicates an imbalance called Estrogen Dominance. This can occur even if one of the levels is “optimal”. Adding Estrogen Balance can support a better balance between estradiol and progesterone as can adding more cruciferous vegetables to your meals. If you are taking birth control or hormone replacement please see your provider for any recommendations.

The total cortisol output for the day is optimal. However, individual times of day may require support if they are out of range. Additionally, it is important to prioritize quality sleep of 7-9 hours per night. If sleep is a concern, consider adding the Sleep Help Protocol.

When morning cortisol is low and is accompanied by lack of energy, Adrenal Energy Support can help naturally support healthy cortisol levels. Suggested use is 2 capsules with breakfast and 1 capsule with lunch for 12 weeks.

With elevated levels of cortisol later in the day, it is important to reduce stress. You may add additional support with Adrenal Soothe, 1 capsule with lunch and 2 with dinner, and Full Spectrum Magnesium, 1 capsule with lunch and 2 with dinner. If sleep is not adequate, consider adding the Sleep Help Protocol and incorporate good sleep habits such as abstaining from blue light in the hours before bedtime.

Should you have any questions regarding your results, please utilize a complimentary health coaching call by scheduling within your account.

If this lab is for a child under 18 years old, please see the Children’s Dosing Guide here: http://equi.life/children-dosing

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.