

STRESS, MOOD, & METABOLISM TEST

Uncover Hormonal Imbalances With Mood, Metabolism & Libido

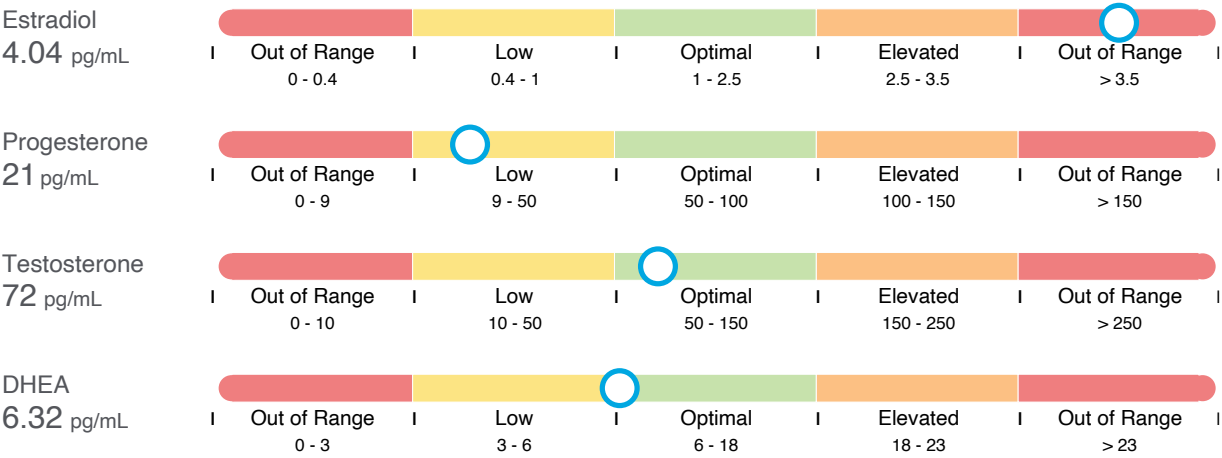


Getting
Better
Together

Patient: [REDACTED]
DOB: [REDACTED]
Height: [REDACTED]
Weight: [REDACTED]

Practitioner: [REDACTED]
Lab#: [REDACTED]
Collection Date: [REDACTED]
Results Received: [REDACTED]

Sex Hormones



Summary

This Stress, Mood & Metabolism Test shows ranges for men and is a comprehensive look at multiple systems in the body that, if imbalanced, can contribute to not feeling your best. The sex hormone levels above come 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 high. You may notice lower libido, decreased erections, breast tissue enlargement, mood swings, overwhelm, fatigue, reduction in muscle mass, or sleep difficulty. Elevated levels of estradiol can be due to hormone replacement therapy, sub-optimal detox, constipation, stress, or exposure to hormones in food.

The progesterone level is lower than optimal and may coincide with low mood or irritability, weight gain, decreased libido, hair loss, or sleep disturbances. Lower levels may be due to a natural decline with age or may be related to chronic stress, gut imbalances or nutrient deficiencies.

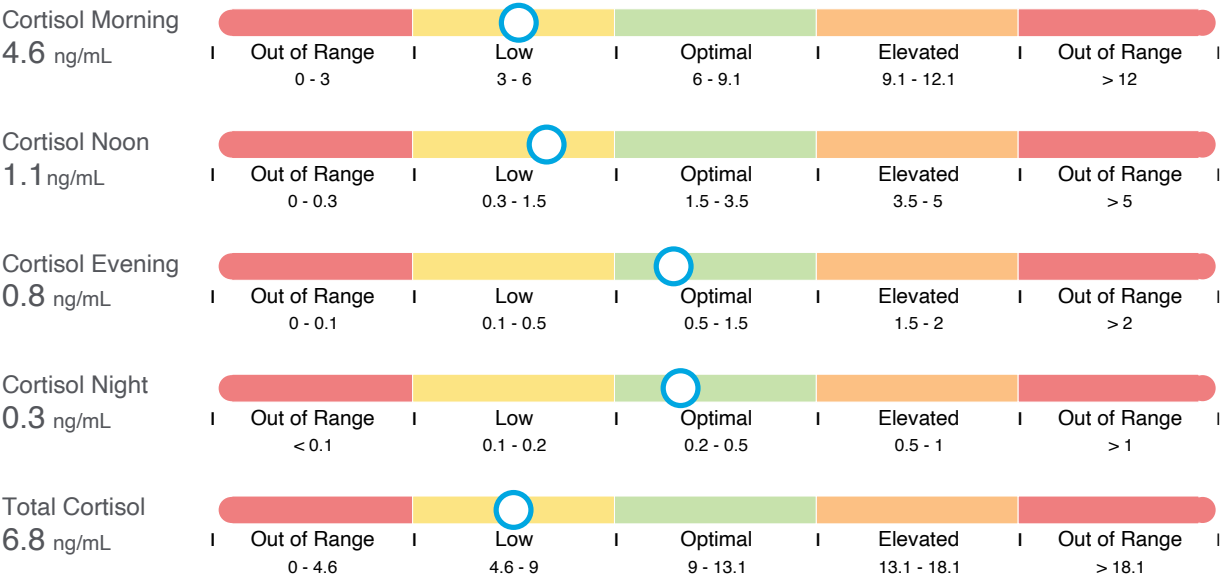
The level of testosterone is optimal and you may experience good energy, good exercise tolerance and healthy libido and mood.

The level of DHEA is optimal.

Patient: XXXXXXXXXX

Collection Date: N/R

Cortisol



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 lower than optimal. 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.

The mid-day cortisol level is lower than optimal. You may experience lower energy at this time and it could be due to chronic stressors, poor sleep, a decline from morning caffeine or exercise or the need for supportive vitamins and nutrients.

The evening cortisol level is optimal.

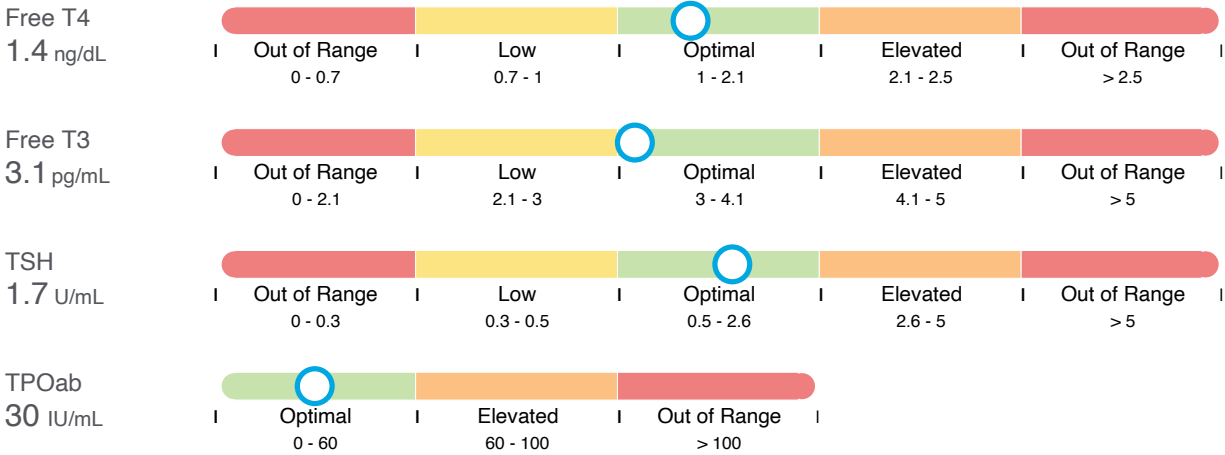
The cortisol level at bedtime is optimal and as a result you may be experiencing good sleep and balanced levels of daily energy, memory, mood and libido.

The level of total cortisol output in the sample is low. This may be due to a prolonged period of stress and is typically associated with lower energy.

Patient: [REDACTED]

Collection Date: N/R

Thyroid



Summary

Free T4 (Thyroxine) and Free T3 (Triiodothyronine) are thyroid hormones that circulate in the blood. Free T4 is inactive and is converted to the active form, Free T3. Both levels are essential for maintaining healthy Thyroid Stimulating Hormone (TSH) levels. They help in regulating the body's metabolism, energy levels, body temperature, and other functions. Thyroid Stimulating Hormone (TSH) is the pituitary hormone that acts as a messenger to the thyroid gland. The higher the TSH, the lower the optimal functioning of the thyroid hormone.

The level of free T4 in the sample is optimal. However if you feel lower energy, dry skin, lower mood or hair loss, consider the level of free T3 as well as TSH below.

The level of free T3 in the sample is optimal.

The level of TSH is within an optimal range. If your TSH is optimal and you are concerned about symptoms such as fatigue, decreased stamina, low mood, pain, sleep disturbances, feeling cold, brittle nails, dry hair or hair loss, lower libido, decreased sweating, weight gain, or constipation, you may be experiencing a lower conversion of T4 to T3 or imbalanced sex hormones, cortisol levels or nutrient deficiencies could be contributing.

The level of TPO antibodies is optimal.

Patient: XXXXXXXXXX

Collection Date: N/R

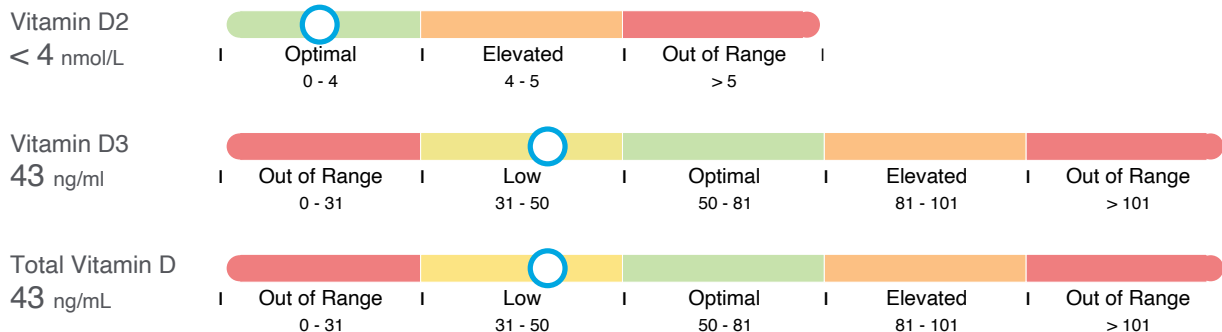
Cardio Metabolic



Summary

Hemoglobin A1c is a metabolic marker that measures blood sugar levels over a 3 month time period. The level of Hemoglobin A1c on this test is optimal.

Vitamin D



Summary

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium and phosphorus. It is important for bone health, immune function, metabolism, hormone production and balancing inflammation. Vitamin D2 is the inactive form which needs to be converted to D3 for it to be active and bioavailable in the body.

The level of Vitamin D2 on this test is below 4 and is considered optimal. There is no cause for concern when it is low.

The Vitamin D3 level is lower than optimal. At this level the body is not optimally supporting the healthy function of the immune system, hormones, skin, bones, and brain. You may be experiencing fatigue, brain fog, poor sleep, or low mood.

The total Vitamin D3 is the sum of your Vitamin D2 and D3 levels.

Patient: 

Collection Date: N/R

Next Steps & Recommendations

Daily Foundational Protocol 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](#)

Daily Nutritional Support

Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet. DNS is included in the Daily Foundational Protocol. The protocol is the optimal bundle of foundational products, but the DNS can also be purchased alone. [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](#)

Vitamin D3: High-Potency Liquid

Vitamin D3: High-Potency Liquid is a convenient, high-potency liquid formula to quickly and easily add the benefits of Vitamin D3 to your day. This easy to digest, fat-soluble formulation tastes good and has been proven to enhance absorption and utilization in the body. [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 Multivitamin capsules if preferred. When hormone levels are not optimal and you are either on birth control or taking hormone replacement therapy, it is important to discuss your symptoms with your provider regarding any hormone support products.

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 hormone replacement please see your provider for any recommendations.

The progesterone level is lower than optimal and it is important to support upstream hormone production in the body overall, using the Daily Foundational Protocol Level 2 along with the recommendations provided in this summary.

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.

The total cortisol output for the day is lower than optimal. The following recommendations will help to support healthy levels of cortisol at key times during the day. 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.

The level of T4 and T3 are optimal indicating balanced production and conversion.

The level of TSH is optimal. Continue supporting normal healthy functioning with the Daily Nutritional Support which is an all-in-one vitamin and mineral powder with plant based protein.

The TPOab level is optimal.

The level of HgA1c indicates good blood sugar balance over a 3 month period of time and it is important to continue supporting healthy levels.

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Patient: [REDACTED]

Collection Date: N/R

Vitamin D2 levels are optimal.

Consider supplementing with Vitamin D3 and aim for 100-125 mcg per day from all sources. Take with a meal that includes fat to further improve absorption.

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

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.

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