



Prepared for: Sample Report Stress  
Date of Birth: 2/22/1977

Reported On: 4/10/2026

## Neuro HPA Stress

Parameters	Your Results (4/10/2026)	Reference Range	Plays a Role In
Cortisol I (6-8 am)	2.54	3.0-9.7	Energy, anxiety, irritability, cravings, mood, cognitive function, metabolism
Cortisol II (Noon)	1.63	1.0-3.5	Energy, anxiety, irritability, cravings, mood, cognitive function, metabolism
Cortisol III (4 pm)	1.17	0.6-2.0	Energy, anxiety, irritability, cravings, mood, cognitive function, metabolism
Cortisol IV (8 pm)	1.5	0.0-0.9	Anxiety, nervousness, restlessness, sleep cycle
Cortisol V (Midnight)	0.68	0.4-6.0	Restlessness, sleep cycle
Cortisol VI (4am)	2.22	0.9-6.1	Restlessness, sleep cycle
DHEA(s) I (8am)	6.41	2.8-12.7	Energy, drive, motivation, mood, libido, muscle mass, cognitive function
DHEA(s) II (8pm)	1.71	2.7-9.0	Energy, drive, motivation, mood, libido, muscle mass, sleep cycle
DHEA(s) III (12am)	2.28	1.8-8.1	Energy, drive, motivation, mood, libido, muscle mass, sleep cycle

*The information provided in this report is intended for informational purposes only. The information is not intended to replace a relationship with your physician or other healthcare professional. You should not rely on this information as professional medical advice. Always seek the advice of your physician or other qualified healthcare provider before starting, stopping or modifying any dietary supplement or before modifying or stopping any physician-prescribed treatment. In the case of a health emergency, seek immediate assistance from emergency personnel. Never delay obtaining medical advice or disregard medical advice because of something you have or have not read on this site.*



Prepared for: Sample Report Stress







Reported On: 4/10/2026

### Suggested Protocol

Supplement	Morning Dosage	Lunchtime Dosage	Afternoon Dosage	Dinner Dosage	Before Bed Dosage
<b>*M<sup>2</sup> MagComplex</b>					
Daily	1 capsule(s)			1 capsule(s)	
<b>*M<sup>2</sup> Neuro Nutrients 3</b>					
Daily	1 capsule(s)			1 capsule(s)	
<b>*M<sup>2</sup> Omega + 850 (120 ct)</b>					
Daily	1 softgel(s)			1 softgel(s)	
<b>Integrative Therapeutics Cortisol Manager</b>					
Daily				1 capsule(s)	
<b>OrthoMolecular Products Adren-All</b>					
Daily for Week 1	1 capsule(s)				
Daily for Week 2	2 capsule(s)				
Daily for Week 3	2 capsule(s)				
Daily for Week 4 and After	2 capsule(s)				









## Clinical Notes

-  Cortisol: When the adrenal glands are under stress, cortisol (our stress hormone) production begins to increase. Over time, the body cannot keep up with this demand, so it begins to compensate by stealing from DHEA to make cortisol. This compensation contributes to the depletion of our sex hormones including testosterone.
-  Cortisol: The adrenal glands, located on top of each kidney, are responsible for releasing hormones such as cortisol, DHEA and sex hormones that help the body control blood sugar, regulate blood pressure, respond to stressors and metabolize fat and protein. Our body's natural rhythm of cortisol should naturally be at its highest within 30 minutes of waking up in the morning, and should decrease at a steady rate throughout the day, before reaching the lowest levels at night.
-  Please be sure to include a multivitamin and omega-3 supplement in your daily regimen. These provide the basic vitamins, minerals, and omega-3's needed for overall health and wellness.
-  A retest is recommended every 6 months to gauge your progress. It takes at least 6 months to see measurable improvements in the salivary hormone cortisol.
-  Stress: Factors in our modern lives are comprised of physical, emotional, and environmental stressors. When our stress hormones such as cortisol are over-taxed, the body begins to steal from our sex hormones to help the body survive. In terms of evolution, survival is more important to the body than reproducing, so when stress becomes very high, our libido becomes reduced.
-  Stress can generally be divided into several categories by intensity and duration. Acute stress, episodic acute stress, and chronic stress each have a different effect on the body and how it responds. Different types of stressors, from emotional situations to food sensitivities can negatively impact the brain, gut and hormones leaving you wondering what happened to your youth and zest for life.



## Lifestyle Notes

-  Diet: Get 3-4 servings of protein each day from sources such as wild fish, grass-fed beef, bison, organic chicken, turkey, beans, legumes, quinoa, tempeh, nuts and seeds. Adequate protein is needed to make neurotransmitters, hormones, enzymes, as well as to build healthy bone, muscle, skin, and hair. Protein is also vital for proper growth and development.
-  Environmental Working Group releases an annual list of conventional produce highest in pesticides (called the Dirty Dozen) and lowest in pesticides (called the Clean 15). The list can help to prioritize what produce is best to buy organically grown.
-  Sleep Cycle: Establish a regular sleep routine. Mindfulness meditation or yoga before bed can promote relaxation. Avoid eating large meals 2 hours before bedtime. Avoid drinking too many fluids close to bedtime as this can result in unnecessary trips to the bathroom; disrupting sleep cycle. Avoid stimulants such as caffeine and chocolate after 12 pm. Avoid electronics that emit blue-light at least 1 hour before bed (TV, cellphones, tablets, video games).
-  Sleep: Adults should aim to get 7-9 hours of uninterrupted sleep each night. Experts estimate that preschoolers (3 to 5 years-old) need 11-13 hours of sleep, while school-aged children up to age 12 need approximately 10-11 hours of sleep. Teens need at least 9 hours.
-  Sleep: The body is naturally inclined to rise with the sun and rest when it becomes dark. With the increase exposure to technology, having resources available 24 hours a day and excess stimulation (distractions, environments, diets, activities) it can be hard to fall asleep with ease. The human body produces melatonin (the sleep hormone) when there is an absence of light which is why we get tired. Too much light suppresses melatonin (even from electronic screens).
-  The human body is composed of two-thirds water. Water is required for every cell, organ and tissue to transport oxygen and nutrients around the body, and to regulate temperature. It is vital for joint lubrication, detoxification, energy production, and healthy hair, skin and nails. Aim to get half your body weight in ounces of water daily. Add lemon, cucumber, mint or berries for flavor. If you exercise or spend time outdoors in a hot climate, more water is needed.



## Lab Descriptions



### Cortisol I (6-8 am)

Saliva measurements of the body's main stress hormone, cortisol, is used to gain insight into how the body responds to stress. In a healthy individual, cortisol should be higher in the morning and gradually taper off throughout the day. This pattern is referred to as the circadian rhythm. If waking cortisol is low, it indicates that the adrenals do not rejuvenate overnight, resulting in feeling tired upon waking and can contribute to fatigue.



### Cortisol II (Noon)

Saliva measurements of the body's main stress hormone, cortisol, is used to gain insight into how the body responds to stress. In a healthy individual, cortisol should be higher in the morning and gradually taper off throughout the day. This pattern is referred to as the circadian rhythm. When cortisol drops more than 50% between 6-8 am and 12 pm this can be indicative of gastrointestinal (GI) distress



### Cortisol III (4 pm)

Saliva measurements of the body's main stress hormone, cortisol, is used to gain insight into how the body responds to stress. In a healthy individual, cortisol should be higher in the morning and gradually taper off throughout the day. This pattern is referred to as the circadian rhythm. An increase in cortisol at this time could be related to work stress or caffeine consumption.



### Cortisol IV (8 pm)

Saliva measurements of the body's main stress hormone, cortisol, is used to gain insight into how the body responds to stress. In a healthy individual, cortisol should be higher in the morning and gradually taper off throughout the day. This pattern is referred to as the circadian rhythm. If cortisol is elevated in the evening it can be associated with restlessness and sleep cycle disturbances.



### Cortisol V (Midnight)

Saliva measurements of the body's main stress hormone, cortisol, is used to gain insight into how the body responds to stress. In a healthy individual, cortisol should be higher in the morning and gradually taper off throughout the day. This pattern is referred to as the circadian rhythm.



## Lab Descriptions



Cortisol VI (4am)



DHEA(s) I (8am)

DHEA is one of the main stress hormones involved in healthy hormone metabolism. DHEA is part of the stress response as it relates to cortisol, and also part of the pathway for producing sex hormones such as testosterone, estrogen, and progesterone. Saliva measurement of DHEA is used to gain insight into how the body responds to stress.



DHEA(s) II (8pm)

DHEA is one of the main stress hormones involved in healthy hormone metabolism. DHEA is part of the stress response as it relates to cortisol, and also part of the pathway for producing sex hormones such as testosterone, estrogen, and progesterone. Saliva measurement of DHEA is used to gain insight into how the body responds to stress.



DHEA(s) III (12am)

DHEA is one of the main stress hormones involved in healthy hormone metabolism. DHEA is part of the stress response as it relates to cortisol, and also part of the pathway for producing sex hormones such as testosterone, estrogen, and progesterone. Saliva measurement of DHEA is used to gain insight into how the body responds to stress.



## Product Descriptions



Magnesium is an essential mineral responsible for over 300 enzymatic reactions in the body including neuronal activity, cardiac health, bone metabolism, hormone regulation, relaxation, activation of muscle tissue, and energy (ATP) production. Magnesium helps to reduce excessive glutamate excretion and supports the adrenals. Magnesium is a smooth muscle relaxer and will also help to keep bowels regular. MagComplex is a blend of three bio-available forms of magnesium, designed to provide optimal absorption and utilization of magnesium, while being gentle on bowels. Each capsule contains 125 mg of magnesium.



Neuro Nutrients 3 contains optimal amounts of many nutrients not easily obtained in most diets. It uses higher quality ingredients than most multivitamins, including vitamin E as high gamma mixed-tocopherols, a proprietary NatureFolate™ blend of active isomer naturally-occurring folates, and TRAACS® true amino acid chelate minerals for optimal tolerance and absorption. These exceptional ingredients are combined in an up-to-date, science-based formulation to create a truly superior multivitamin.\*



EPA and DHA from fish oil promote cardiovascular health by supporting optimal triglyceride and cholesterol levels and reducing platelet aggregation. Fish oil has also been shown to promote optimal joint function and overall brain and nervous system function.



contains stress-reducing ingredients and botanicals to promote relaxation, help alleviate fatigue, and support healthy cortisol levels.\* By balancing cortisol levels, Cortisol Balancer can help reduce stress, which supports a restful night's sleep without diminishing daytime alertness.\*



Adren-All contains a blend of key micronutrients, adaptogenic botanicals and adrenal concentrate specifically formulated to strengthen the body's stress response and support healthy energy levels. Adren-All provides targeted amounts of vitamin A and C, pantothenic acid, and other B vitamins that are critical to adrenal gland function. This powerful formulation helps support the body's resistance to fatigue and aids in maintaining balanced cortisol and DHEA levels.\*