PsyLab
BIOCHEMICAL MENTAL HEALTH
ANALYSIS · TEST · SAMPLE · NUTRITIONAL SUPPORT

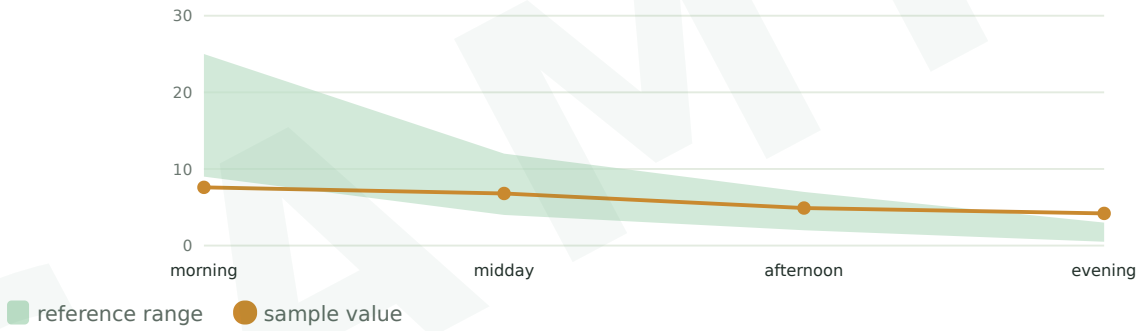
SAMPLE RESULT

Cortisol Test — daily stress profile from saliva

NAME **Sample Person**	SEX / AGE **female, 38 years**	SAMPLE **saliva (collected at home during the day)**
COLLECTION DATE **12 Oct 2026**	SAMPLE NUMBER **KO-000000**	RESULT DATE **30 Oct 2026**

MARKER	RESULT	UNIT	REFERENCE RANGE	POSITION IN RANGE	ASSESSMENT
Daily cortisol profile					
Cortisol — morning (after waking)	**7.6**	nmol/l	9 – 25		low
Cortisol — midday	**6.8**	nmol/l	4 – 12		in range
Cortisol — afternoon	**4.9**	nmol/l	2 – 7		in range
Cortisol — evening	**4.2**	nmol/l	0.5 – 3		high

Cortisol over the day



Interpretation

Morning cortisol is below the reference range and evening cortisol above it — the daily curve is flat or even reversed. This pattern corresponds to a **disrupted stress axis** (hypothalamus – pituitary – adrenals), which the orthomolecular approach often links with the copper overload biotype. It typically shows as morning fatigue, evening insomnia, anxiety and fluctuating energy, for example after childbirth, in connection with the cycle or after prolonged stress.

Recommended next step

We recommend adding copper and zinc in the blood (Vitamin & Mineral Test) and going through the result in a 45-minute educational consultation (€99). Support for the stress axis (e.g. vitamin B6 and zinc) and dosing are set in the Consultation with a Doctor (€225).

Saliva cortisol levels vary with the time of collection, sleep and the day's workload. This is a sample result with made-up values — it only shows what a result looks like. A real result contains the values from your sample and the laboratory's reference ranges. A test result is not a diagnosis; only a doctor can make a diagnosis.