

ADRENAL STRESS PROFILE

The **Adrenal Stress Profile** is a powerful and precise non-invasive salivary assay that evaluates bioactive levels of the body's important stress hormones, **cortisol** and **DHEA**. This profile serves as a critical tool for uncovering biochemical imbalances underlying anxiety, depression, chronic fatigue, obesity, dysglycaemia, and a host of other clinical conditions.



The adrenal hormones cortisol and DHEA function to influence:

- Metabolism
- Anti-inflammatory response
- Thyroid function
- Resistance to stress

Changing the amounts of cortisol and DHEA can profoundly affect:

- Energy Levels
- Emotional states
- Resistance to disease
- General sense of well-being

Although both DHEA and cortisol are produced by the adrenal cortex, they exhibit many opposing actions.

Cortisol: Many of cortisol's physiological actions are geared toward the mobilisation of reserves. Cortisol is released in large amounts in response to physical, physiological, and/or psychological stress. When stressors persist, the secretion of glucocorticoids can be prolonged, leading to maladaptation of the adrenal cortex and adrenal hyperplasia.

Excess cortisol can adversely affect:

- Bone and muscle tissue
- Cardiovascular function
- Sleep
- Immune defence (reduced SIgA)
- Thyroid function
- Weight control
- Glucose regulation
- Ageing

Over time, cortisol secretion can become impaired, resulting in an inability to respond to stress as demonstrated in conditions such as:

- Chronic fatigue
- Allergies
- Menstrual problems
- Arthritis

DHEA, in contrast to cortisol, exerts mostly anabolic actions and balances the body's stress response

DHEA functions to:

- Provide substrates for the synthesis of sex hormones
- Guard against degenerative conditions associated with ageing
- Influence immune function and energy production
- Affect insulin sensitivity, thyroid function, protein synthesis and others

Imbalances of DHEA have been associated with:

- Impaired immunity
- Depression
- Insulin resistance
- Alzheimers disease
- Cancer
- Panic disorder
- Obesity
- Cardiovascular disease

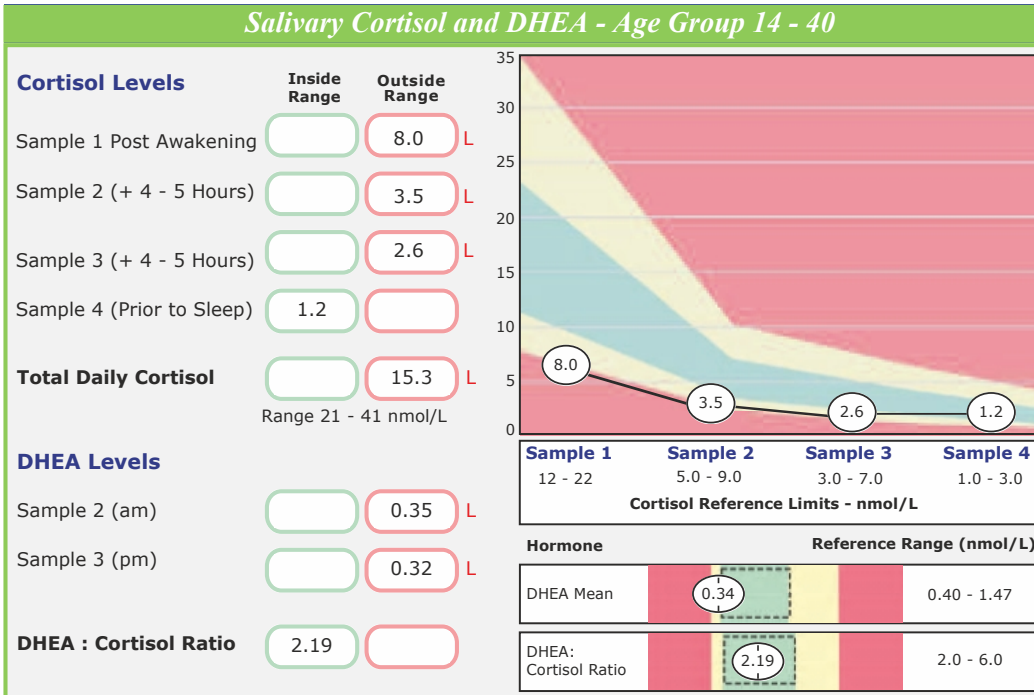
- **Analytes:**
DHEA
cortisol
Secretory IgA (Comprehensive)

- **Specimen Requirement:**
4 (2ml) saliva samples collected at specific times over a 24-hour period

- **Before Taking this Test:**
- Avoid caffeine, alcohol, and nicotine (on day of test)
- Do not eat, brush or floss teeth, use mouthwash, or chew gum (1 hour before)
- Wash hands before collection
- See instructions inside test kit for details



Comprehensive Adrenal Stress Profile (Saliva)



Clinical Significance:

- **Accurate measurement of cortisol and DHEA** is valuable in preventing illness and identifying contributing factors to chronic disorders.
- **Salivary assessment reflects the unbound, bioavailable fraction of hormone.** The ease of collection allows for multiple sampling throughout the day, enabling the practitioner to evaluate the circadian rhythm of cortisol.
- **Customised therapeutic programmes** based on exercise, diet, stress reduction, and/or supplementation can be implemented based on laboratory results.

Adrenal Stress

Exhaustion Stage: This is generally a state of insufficient production of adrenal hormones after multiple years of persistent stressors with insufficient coping mechanisms. Patients usually present with fatigue, poor energy and immune system hypofunction. They may exhibit chronic anxiety. In some patients this represents impaired response to shorter-term stressors (i.e. overreactivity to short term stress). Adrenal support and restoration measures, as well as identification and balancing of major stressors are indicated. This state should not be confused with Addison's disease, which is near absence of adrenal hormones, and is a medical emergency.

Secretory IgA

Analyte	Result	Units	Normal Range	Optimal Range
Secretory IgA	75.2 L	µg/mL	118 - 641	130 - 471

Analyte	Reference Range (µg/mL)
SIgA Mean	75.2 (118 - 641)