

Test Results



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2017 06 05 447 S



Samples Arrived: 06/05/2017
Date Closed: 06/08/2017

Samples Collected:

Saliva: 05/30/17 08:00
Saliva: 05/30/17 12:00
Saliva: 05/30/17 17:00
Saliva: 05/30/17 23:30

Ordering Provider:

Canary Club
422 Larkfield Center Ste 255
Richard L Shames, MD
Santa Rosa, CA 95403

Gender: Male DOB: (59 yrs)

BMI: 27.3
Height: 5 ft 10 in
Weight: 190 lb
Waist: 36 in

Test Name	Result	Range
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Salivary Steroids

DHEAS	5.0	2-23 ng/mL (Age Dependent)
Cortisol	11.2 H	3.7-9.5 ng/mL (morning)
Cortisol	4.6 H	1.2-3.0 ng/mL (noon)
Cortisol	2.6 H	0.6-1.9 ng/mL (evening)
Cortisol	0.7	0.4-1.0 ng/mL (night)

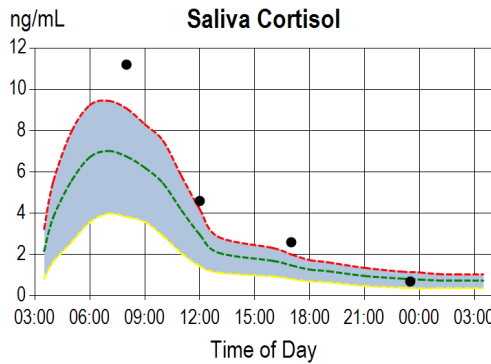
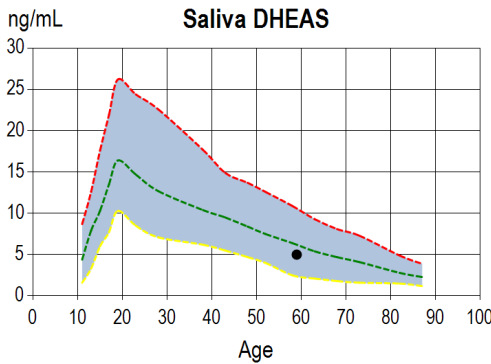
<dL = Less than the detectable limit of the lab.

N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit.

Therapies

None Indicated

Disclaimer: Graphs below represent hormone levels in testers not using hormone supplementation and are provided for informational purposes only. Please see comments for additional information if results are higher or lower than expected. Graph key High Avg Low



The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava
David T. Zava, Ph.D.
(Laboratory Director)

Alison McAllister, ND
Alison McAllister, ND
(Ordering Provider unless otherwise specified on pg1)

CLIA Lic # 38D0960950
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ZRT Laboratory Reference Ranges

Disclaimer: Supplement type and dosage are for informational purposes only and are not recommendations for treatment. For a complete listing of reference ranges, go to www.zrtlab.com/reference-ranges.

Test Name	Men
DHEAS - ng/mL	2-23 ng/mL (Age Dependent)
Cortisol - ng/mL	3.7-9.5 ng/mL (morning); 1.2-3.0 ng/mL (noon); 0.6-1.9 ng/mL (evening); 0.4-1.0 ng/mL (night)

**Category		Symptom	None	Mild	Moderate	Severe
<input type="radio"/>	<input type="radio"/>	Burned Out Feeling				
<input type="radio"/>	<input type="radio"/>	Apathy				
<input type="radio"/>	<input type="radio"/>	Difficulty Sleeping				
<input type="radio"/>	<input type="radio"/>	Increased Forgetfulness				
<input type="radio"/>	<input type="radio"/>	Decreased Mental Sharpness				
<input type="radio"/>	<input type="radio"/>	Depressed				
<input type="radio"/>	<input type="radio"/>	Mental Fatigue				
<input type="radio"/>	<input type="radio"/>	Irritable				
<input type="radio"/>	<input type="radio"/>	Nervous				
<input type="radio"/>	<input type="radio"/>	Anxious				
<input type="radio"/>	<input type="radio"/>	Morning Fatigue				
<input type="radio"/>	<input type="radio"/>	Evening Fatigue				
<input type="radio"/>	<input type="radio"/>	Decreased Stamina				
<input type="radio"/>	<input type="radio"/>	Decreased Muscle Size				
<input type="radio"/>	<input type="radio"/>	Sore Muscles				
<input type="radio"/>	<input type="radio"/>	Increased Joint Pain				
<input type="radio"/>	<input type="radio"/>	Decreased Flexibility				
<input type="radio"/>	<input type="radio"/>	Neck or Back Pain				
<input type="radio"/>	<input type="radio"/>	Weight Gain - Breast or Hips				
<input type="radio"/>	<input type="radio"/>	Weight Gain - Waist				
<input type="radio"/>	<input type="radio"/>	Elevated Triglycerides				
<input type="radio"/>	<input type="radio"/>	Sugar Craving				
<input type="radio"/>	<input type="radio"/>	Heart Palpitations				
<input type="radio"/>	<input type="radio"/>	Dizzy Spells				
<input type="radio"/>	<input type="radio"/>	Headaches				
<input type="radio"/>	<input type="radio"/>	Ringing In Ears				
<input type="radio"/>	<input type="radio"/>	Cold Body Temperature				
<input type="radio"/>	<input type="radio"/>	Allergies				
<input type="radio"/>	<input type="radio"/>	Sensitivity To Chemicals				
<input type="radio"/>	<input type="radio"/>	Decreased Erections				
<input type="radio"/>	<input type="radio"/>	Decreased Libido				
<input type="radio"/>	<input type="radio"/>	Prostate Problems				
<input type="radio"/>	<input type="radio"/>	Decreased Urine Flow				
<input type="radio"/>	<input type="radio"/>	Increased Urinary Urge				
<input type="radio"/>	<input type="radio"/>	Hot Flashes				
<input type="radio"/>	<input type="radio"/>	Night Sweats				
<input type="radio"/>	<input type="radio"/>	Bone Loss				
<input type="radio"/>	<input type="radio"/>	Stress				
<input type="radio"/>	<input type="radio"/>	Rapid Aging				
<input type="radio"/>	<input type="radio"/>	High Cholesterol				
<input type="radio"/>	<input type="radio"/>	Swelling or Puffy Eyes/Face				
<input type="radio"/>	<input type="radio"/>	Slow Pulse Rate				
<input type="radio"/>	<input type="radio"/>	Decreased Sweating				
<input type="radio"/>	<input type="radio"/>	Hair Dry or Brittle				
<input type="radio"/>	<input type="radio"/>	Nails Breaking or Brittle				
<input type="radio"/>	<input type="radio"/>	Thinning Skin				
<input type="radio"/>	<input type="radio"/>	Infertility Problems				
<input type="radio"/>	<input type="radio"/>	Constipation				
<input type="radio"/>	<input type="radio"/>	Rapid Heartbeat				
<input type="radio"/>	<input type="radio"/>	Hearing Loss				
<input type="radio"/>	<input type="radio"/>	Goiter				
<input type="radio"/>	<input type="radio"/>	Hoarseness				
<input type="radio"/>	<input type="radio"/>	Low Blood Sugar				
<input type="radio"/>	<input type="radio"/>	High Blood Pressure				
<input type="radio"/>	<input type="radio"/>	Low Blood Pressure				
<input type="radio"/>	<input type="radio"/>	Numbness - Feet or Hands				
<input type="radio"/>	<input type="radio"/>	Oily Skin or Hair				
<input type="radio"/>	<input type="radio"/>	Acne				
<input type="radio"/>	<input type="radio"/>	Aggressive Behavior				
<input type="radio"/>	<input type="radio"/>	Prostate Cancer				
		Metabolic Syndrome	0.0			
		Hypometabolism	0.0			
		High Cortisol	0.0			
		Low Cortisol	0.0			
		High Androgens (DHEA/Testosterone)	0.0			
		Low Androgens (DHEA/Testosterone)	0.0			
		Estrogen Dominance / Progesterone Deficiency	0.0			
		Estrogen / Progesterone Deficiency	0.0			

**Category refers to the most common symptoms experienced when specific hormone types (eg estrogens, androgens, cortisol) are out of balance, i.e., either high or low.

Lab Comments

DHEAS is within mid-normal expected age range. DHEAS is highest during the late teens to early twenties (10-20 ng/ml) and drops steadily with age to the lower end of range by age 70-80.

Cortisol is elevated in the morning and throughout the day, but drops to the normal range at night before bed. In a normal individual without significant stressors, cortisol is highest in the morning shortly after awakening and steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. Cortisol is normally very low throughout sleep starting to rise several hours before waking and peaking 30 minutes after waking. This pattern of cortisol's rise and fall is referred to as the circadian rhythm. Changes in each tested cortisol level or a change in the pattern suggests a loss of proper adrenal response. Elevated cortisol usually reflects a stressor. The most common adrenal stressors that can raise cortisol levels include: mental/emotional trauma, physical insults (e.g. pain, diseases), chemical exposure (environmental pollutants, excessive medications), and blood sugar imbalance. Acute situational stressors (e.g., work, vigorous exercise or poor dietary choices) can also raise cortisol levels, which is a normal response to the stressor. However, if the stressors persist, the adrenal glands either continue to meet the demands of the stressor with high cortisol output, or the signal becomes downregulated in the face of chronic stimulation, wherein cortisol levels fall below normal. For additional information about adrenal dysfunction and strategies for adrenal support the following books are recommended: "Adrenal Fatigue" by James L. Wilson, ND, DC, PhD; "The End of Stress as We Know It" by Bruce McEwen.