

Functional Adrenal Stress Profile plus V, #205

- Turnaround: 3 - 4 days
- 4 Cortisol, 2 averaged DHEA-S, 1 Estradiol, 1 Estriol, 1 Testosterone (AM), 1 Melatonin (bedtime), 1 Progesterone (bedtime)
- **Also available with ESTRONE added (BHD #205E)**

This profile is clinically indicated to evaluate an individual's ability to adapt to environmental, mental, emotional, and physiological stressors; to determine the efficacy of DHEA therapy; to assess rest and recovery relative to morning and bedtime Cortisol; and bedtime levels of Melatonin and Progesterone.

The Functional Adrenal Stress Profile plus V provides an adrenal rhythm and a DHEA-S -to-Cortisol ratio. Abnormal adrenal rhythm can negatively influence energy production; immune system health; skin regeneration; muscle and joint function; bone health; sleep quality; and liver, pancreas and thyroid function.

Adrenal dysfunction may be associated with the following symptoms: excessive fatigue; chronic stress and related health problems; dizziness upon standing; weakness; hypoglycemia; nervousness; irritability; depression; inability to concentrate; confusion; poor memory; low blood pressure; insomnia; premenstrual tension; sweet cravings; headaches; alcohol intolerance; excessive hunger; alternating diarrhea and constipation; sternocleidomastoid/trapezius pain and spasms; epigastric discomfort; poor resistance to infection; food and/or inhalant allergies; dyspepsia; tenderness in adrenal area; migraine headaches; low body temperature; and diminished sex drive.

Estrogens and Testosterone are included in this profile to further evaluate the efficacy of DHEA therapy. Since DHEA can convert to Estrogens and/or Testosterone, the use of DHEA may be contraindicated if Estrogens and/or Testosterone levels are elevated. Conversely, if Estrogens and/or Testosterone levels are depressed, DHEA and/or other therapeutic measures may be indicated. Bedtime Cortisol, Melatonin, and Progesterone levels are indicators for rest and recovery and are indicated for anyone with sleep disorders.

SUMMARY: Evaluating the Cortisol circadian (24-hour) rhythm along with DHEA-S provides an accurate assessment of adrenal function and can reveal maladaptation to stressors. Salivary (free fraction) hormone testing determines the bioactive values at the cellular level, thereby providing a functional assessment of the effects of environmental and physiological stressors.