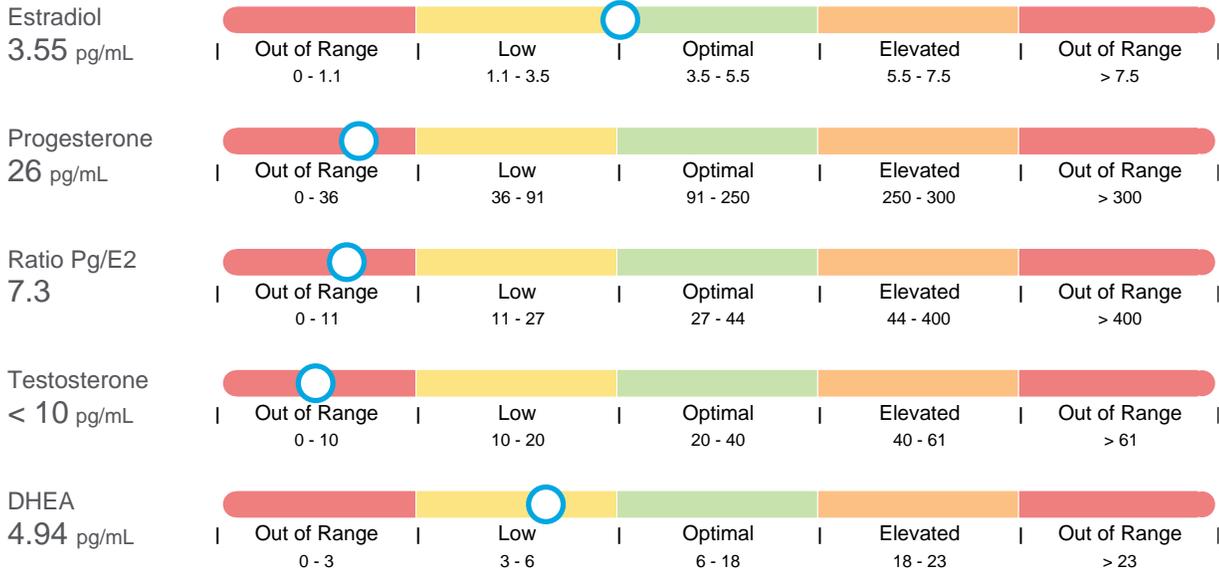


Sex Hormones



Summary

This Stress, Mood & Metabolism Test has pre-menopausal ranges and looks at multiple systems in the body that, if imbalanced, can contribute to not feeling your best. The sex hormone levels above are taken from the saliva sample and are the best measurement of active amounts in the body. These ranges are not comparable to bloodwork and should be compared to saliva testing only.

The estradiol level is optimal and you may have a good libido, stable mood, healthy weight, and no brain fog.

If you feel that you have symptoms despite having an optimal level of estradiol, it is important to look at the ratio of estradiol to progesterone as the balance between the two can impact symptoms.

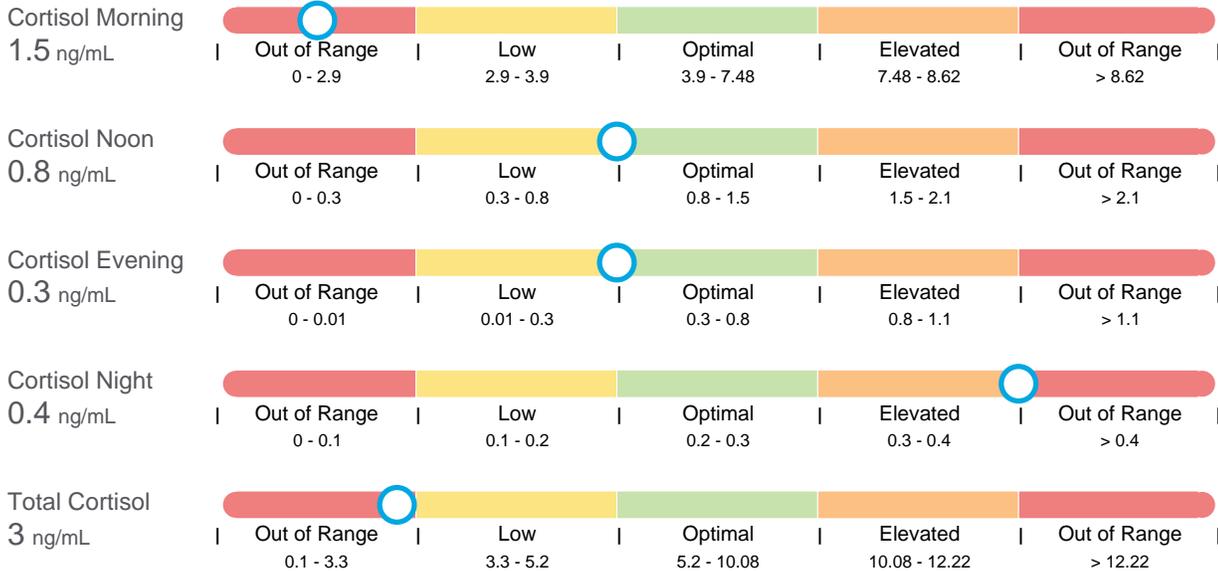
The progesterone level is low and may result in breast tenderness, low mood or irritability, weight gain, irregular periods or sleep disturbances. This can be due to chronic stress, gut imbalances, nutrient deficiencies, hormonal contraceptives or having the ovaries removed.

The progesterone to estradiol ratio is low. You may have feelings of hot flashes, night sweats, weight gain, irregular menstrual cycles, breast tenderness, brain fog, mood swings, headaches, fatigue, sleep disturbances, lower libido or low mood. This can put the body in a more estrogen dominant state. It can be caused by chronic stress, aging, hormonal contraceptives, xenoestrogens, toxins or hormone replacement therapy.

The testosterone level is low and may result in feelings of decreased strength, poor exercise recovery, decreased muscle tone, nervousness, brain fog, lower libido, lower drive or weight gain. Aging, chronic stress, nutrient deficiencies or having the ovaries removed can cause lower testosterone levels.

The level of DHEA is lower than optimal. You may be experiencing fatigue, mood imbalances, vaginal dryness, weakened immunity, increased stress or lower libido. Lower levels may be due to aging or chronic stress and inflammation.

Cortisol



Summary

Cortisol is a steroid hormone produced by the adrenal glands due to the normal circadian rhythm as well as stressors. Ideally, cortisol is highest in the morning and lowest before bed as it helps to regulate the sleep/wake cycle. The decrease in cortisol before bed stimulates melatonin production. Cortisol is measured in the saliva to show the amount of available cortisol in the body and is not comparable to bloodwork results.

The morning cortisol level is low. You may experience low energy, sleep disturbances, feeling cold, sugar cravings or brain fog. Low levels can be due to chronic stress, poor sleep habits, nutrient deficiencies, or physical stressors like injuries or gut-based imbalances.

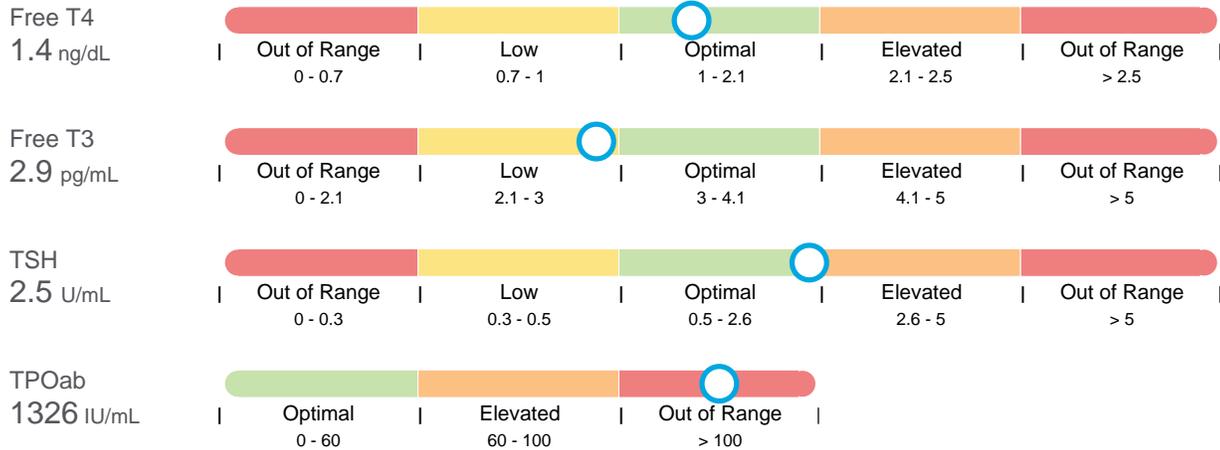
The mid-day cortisol level is lower than optimal. You may experience lower energy at this time and it could be due to chronic stressors, poor sleep, a decline from morning caffeine or exercise or the need for supportive vitamins and nutrients.

The level of cortisol in the evening is lower than optimal. Low levels may coincide with lower energy, sugar cravings, imbalance hormones or feeling cold. This can be due to chronic stressors, nutrient deficiencies, gut-based imbalances or lower protein intake.

The nighttime level of cortisol is elevated. You may feel overwhelmed or wide awake at night or may consider yourself a “night owl”. This can be due to stress, evening exercise, blue light exposure, caffeine late in the day and can be an indication of an imbalanced circadian rhythm.

The level of total cortisol output in the sample is low. This may be due to a prolonged period of stress and is typically associated with lower energy.

Thyroid



Summary

Free T4 (Thyroxine) and Free T3 (Triiodothyronine) are thyroid hormones that circulate in the blood. Free T4 is inactive and is converted to the active form, Free T3. Both levels are essential for maintaining healthy Thyroid Stimulating Hormone (TSH) levels. They help in regulating the body's metabolism, energy levels, body temperature, and other functions. Thyroid Stimulating Hormone (TSH) is the pituitary hormone that acts as a messenger to the thyroid gland. The higher the TSH, the lower the optimal functioning of the thyroid hormone.

The level of free T4 in the sample is optimal. However if you feel lower energy, dry skin, lower mood or hair loss, consider the level of free T3 as well as TSH below.

The level of free T3 in the sample is lower than optimal. You may experience lower energy, occasional lower mood, sleep disturbances, dry skin and hair, hair thinning, lower libido, occasional constipation or weight gain. This may be due to nutrient deficiency, heavy metals, certain medications or imbalances with the liver, hormones, or cortisol levels.

The level of TSH is within an optimal range. If your TSH is optimal and you are concerned about symptoms such as fatigue, decreased stamina, low mood, pain, sleep disturbances, feeling cold, brittle nails, dry hair or hair loss, lower libido, decreased sweating, weight gain, or constipation, you may be experiencing a lower conversion of T4 to T3 or imbalanced sex hormones, cortisol levels or nutrient deficiencies could be contributing.

The level of TPO antibody is higher than optimal. This can be associated with an imbalanced immune system and is recommended to be discussed with your medical provider.

Cardio Metabolic



Summary

Hemoglobin A1c is a metabolic marker that measures blood sugar levels over a 3 month time period. The level of Hemoglobin A1c on this test is optimal.

Vitamin D



Summary

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium and phosphorus. It is important for bone health, immune function, metabolism, hormone production and balancing inflammation. Vitamin D2 is the inactive form which needs to be converted to D3 for it to be active and bioavailable in the body.

The level of Vitamin D2 on this test is below 4 and is considered optimal. There is no cause for concern when it is low.

The Vitamin D3 level is lower than optimal. At this level the body is not optimally supporting the healthy function of the immune system, hormones, skin, bones, and brain. You may be experiencing fatigue, brain fog, poor sleep, or low mood.

The total Vitamin D3 is the sum of your Vitamin D2 and D3 levels.

Next Steps & Recommendations

Daily Foundational Protocol Level 2

The Daily Foundational Protocol (Powder) – Level 2 is a quick and easy morning routine to nourish the body and mind. The Level 2 protocol contains everything included in Level 1 and adds Omega-3 Support capsules that provide essential fatty acids for brain, heart health and more. [View Product](#)

Daily Nutritional Support

Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet. DNS is included in the Daily Foundational Protocol. The protocol is the optimal bundle of foundational products, but the DNS can also be purchased alone. [View Product](#)

Estrogen Balance

Estrogen Balance is formulated to naturally and effectively decrease estrogen dominance to balance mood, metabolism, and provide key antioxidants that support optimal hormone balance. [View Product](#)

Progesterone Support

Progesterone Support is designed to naturally boost the levels of this important hormone with botanical extracts, Ayurvedic herbs and ingredients that have been used for thousands of years in traditional Chinese medicine. [View Product](#)

FM Zinc

Maintaining levels of the important mineral Zinc can be difficult, as the body has no mechanism for storage. Supplementing with this highly-bioavailable formulation of Zinc boosts immune function, improves metabolism, aids in digestion, and gut function. [View Product](#)

Sleep Help Protocol

The Sleep Help Protocol relaxes muscles and induces calm in the mind. It is designed to bring the synergistic benefits of our top-selling sleep support products that work together to help you get the rest you deserve. [View Product](#)

Adrenal Energy Support

Adrenal Energy Support provides the adrenal gland with adaptogenic herbs and functional medicine ingredients that help to fight fatigue and improve mental clarity. [View Product](#)

Summary

Supporting healthy hormone levels and hormone balance is important to helping you feel your best. Since the hormone levels are not all optimal on this test, it is recommended to support healthy levels with the Daily Foundational Protocol Level 2. Within this Protocol you may choose the Daily Nutritional Support powder or the Multivitamin capsules if preferred. When hormone levels are not optimal and you are either on birth control or taking hormone replacement therapy, it is important to discuss your symptoms with your provider regarding any hormone support products.

The level of progesterone is low and can be supported by adding Progesterone Support 1 capsule at breakfast, lunch and dinner for 12 weeks. It is also important to find ways to reduce stress such as meditation, dancing or binaural beats and getting 7-9 hours of quality sleep. If you are taking birth control or hormone replacement please see your provider for any recommendations.

The hormone levels are important as is the balance of progesterone to estradiol. When the ratio is lower than optimal, it indicates an imbalance called Estrogen Dominance. This can occur even if one of the levels is “optimal”. Adding Estrogen Balance can support a better balance between estradiol and progesterone as can adding more cruciferous vegetables to your meals. If you are taking birth control or hormone replacement please see your provider for any recommendations.

The level of testosterone is lower than optimal and can best be supported by taking into account the entire hormone picture. It is important to incorporate foundational vitamins by incorporating 1 capsule of FM Zinc with dinner, Daily Nutritional Support powder, getting adequate Vitamin D and adding weight-based exercises.

When DHEA is low, it can be supported by utilizing foundational nutrients like the Daily Nutritional Support powder, reducing stress, and supporting the immune system

When morning cortisol is low and is accompanied by lack of energy, Adrenal Energy Support can help naturally support healthy cortisol levels. Suggested use is 2 capsules with breakfast and 1 capsule with lunch for 12 weeks.

Adrenal Soothe

The formulation of Adrenal Soothe is specifically designed to support our natural stress response. Adrenal Soothe contains clinically studied ingredients to support your exposure to stress, achieve mental clarity and calm your mind. [View Product](#)

Full Spectrum Magnesium

Full Spectrum Magnesium utilizes three unique delivery formats ensuring maximum absorption and effectiveness in the body. It is a superior source of magnesium for better bioavailability, helps the body to relax and achieve restful sleep, promotes improved mental clarity, and aids in muscle relaxation. [View Product](#)

Vitamin D3: High-Potency Liquid

Vitamin D3: High-Potency Liquid is a convenient, high-potency liquid formula to quickly and easily add the benefits of Vitamin D3 to your day. This easy to digest, fat-soluble formulation tastes good and has been proven to enhance absorption and utilization in the body. [View Product](#)

Dr. Cabral Detox

The Dr. Cabral Detox is a comprehensive, full body Functional Medicine detoxification system that gently eliminates harmful toxins while rebalancing the body at an underlying root cause level. [View Product](#)

With elevated levels of cortisol later in the day, it is important to reduce stress. You may add additional support with Adrenal soothe, 1 capsule with lunch and 2 with dinner, and Full Spectrum Magnesium, 1 capsule with lunch and 2 with dinner. If sleep is not adequate, consider adding the Sleep Help Protocol and incorporate good sleep habits such as abstaining from blue light in the hours before bedtime.

When cortisol levels are lower in the evening, it is important to ensure you are getting foundational nutrients. You can use the Daily Nutritional Support, an all-in-one vitamin and protein powder. This is part of the Daily Foundational Protocol Level 2. Continue to prioritize stress reduction and adequate sleep.

The total cortisol output for the day is low. The following recommendations will help to support healthy levels of cortisol at key times during the day. Additionally, it is important to prioritize quality sleep of 7-9 hours per night. If sleep is a concern, consider adding the Sleep Help Protocol.

When T4 and/or T3 is not optimal it is important to ensure that the body is getting all of the vitamins and minerals that are co-factors for their production. Adding Daily Nutritional Support powder (found in the Daily Foundational Protocol) can help support healthy levels. Continue to reduce stress, avoid toxins and prioritize adequate sleep.

When T3 is lower than optimal compared to T4, it is important to support the conversion from T4 to T3. Reducing stress is important and can be supported using Adrenal Soothe, 1 capsule with lunch and 2 capsules with dinner. Additionally, it is important to get adequate sleep and reduce exposure to toxins and heavy metals. If sleep is not optimal, consider adding the Sleep Help Protocol.

The level of TSH is optimal. Continue supporting normal healthy functioning with the Daily Nutritional Support which is an all-in-one vitamin and mineral powder with plant based protein.

The TPOab level is elevated. It is recommended to discuss elevated levels or any concerns with your medical provider.

The level of HgA1c indicates good blood sugar balance over a 3 month period of time and it is important to continue supporting healthy levels.

Vitamin D2 levels are optimal.

Consider supplementing with Vitamin D3 and aim for 100-125 mcg per day from all sources. Take with a meal that includes fat to further improve absorption.

Finally, it is important to note that since one or more hormone levels were outside the optimal range, it is recommended to support the healthy functioning of the liver by completing a Dr. Cabral Detox (for those age 18 and over) for at least 7 days prior to beginning any recommended supplements above. The detox can be continued for as long as 21 days if desired. It is recommended to repeat a Dr. Cabral Detox every quarter for best results.

Should you have any questions regarding your results, please utilize a complimentary health coaching call by scheduling within your account.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>