

Authorizing Provider:  
**RL11 Ritamarie Loscalzo, DC**  
~~Winnipeg, MB~~  
~~Victoria, BC~~  
 USA

### Cortisol - 251

Parameter	Result	Reference Range	Units
Cortisol	2.7		nM/L

- Morning (6 - 8 AM) ~ 13.0 - 24.0 nM/L
- Noon (12 - 1 PM) ~ 5.0 - 8.0 nM/L
- Afternoon (4 - 5 PM) ~ 4.0 - 7.0 nM/L
- Nighttime (10 PM - 12 AM) ~ 1.0 - 3.0 nM/L
- Early Morning (2 - 4 AM) ~ 1.0 - 3.0 nM/L

Cortisol is the body's primary stress hormone. When the brain stimulates its release in response to physical or emotional stress, the adrenal glands secrete cortisol into the general circulation. Cortisol helps the body regulate blood sugar levels, blood pressure, inflammation, and the immune system, among numerous other roles.