SIMPLY TEST®
FUNCTIONAL HEALTH

CORTISOL 4 POINT

Cortisol regulation influences more than stress alone

WHY TEST?

SimplyTest® Cortisol 4 Point is a competitive enzyme immunoassay for the *in vitro* quantitative measurement of active free cortisol present in saliva.

Cortisol, a hormone released by the adrenal glands, naturally fluctuates throughout the day in a diurnal pattern.

Salivary cortisol testing offers a non-invasive, practical way to evaluate stress, HPA axis function, and overall health, especially concerning stress related and metabolic conditions

BENEFITS OF SALIVA

Serum and urinary cortisol measurements have been used for decades to evaluate pituitary-adrenal axis function.

Salivary cortisol levels have been shown to correlate with serum levels, providing the same clinical information through a noninvasive method.

Salivary cortisol levels are used in subsequent endocrine testing, including the dexamethasone suppression test (DST) to identify Cushing's Syndrome and the cosyntropin stimulation test (ACTH) to diagnose Addison's disease.

CONDITIONS LINKED TO CORTISOL IMBALANCES

SLEEP DISORDERS
Imbalances in cortisol levels can disrupt the body's natural sleep-wake cycle.

MENTAL HEALTH
Consistently high or low cortisol levels
are linked to mental health conditions such as stress, anxiety, depression, PTSD, and bipolar disorder.

COGNITIVE DISORDERS
Chronic high cortisol is a known risk factor for neurodegenerative disorders like dementia.

CARDIOVASCULAR HEALTH
Chronic high cortisol from prolonged stress is linked to cardiac risk factors like high blood pressure, triglycerides, and glucose, contributing to atherosclerosis.

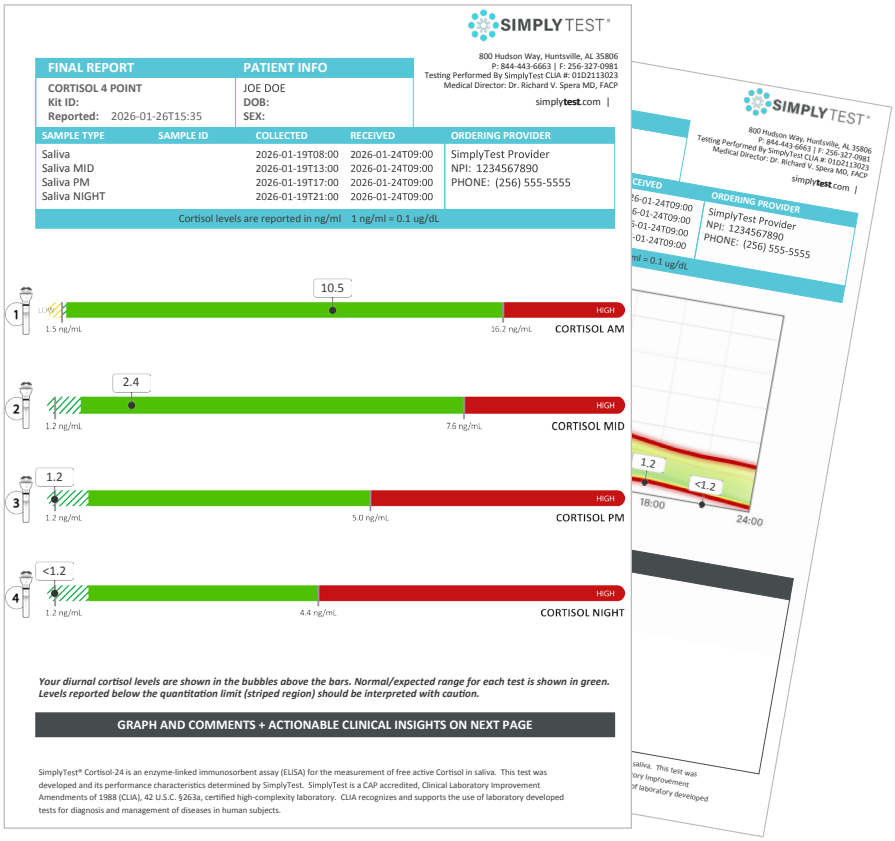
METABOLIC HEALTH
Long term stress is linked to hyperglycemia
and increased risk of Type 2 diabetes.

CANCER RISK
Elevated cortisol increases the production of growth factors and blood flow, potentially accelerating cancerous tumor formation.

IMMUNE FUNCTION
Chronic exposure to elevated cortisol levels can lead to immune suppression and dysregulaition, increasing susceptibility to
infections and other health issues

HPA AXIS DISORDERS
Abnormally high levels - Cushing's Disease
Abnormally low levels - Addison's Disease

SIMPLYTEST®
ORAL SYSTEMIC



SIMPLY TEST®

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Testing Performed By SimplyTest CLIA #: 01D2113023
Medical Director: Dr. Richard V. Spera MD, FACP
simplytest.com |

FINAL REPORT	PATIENT INFO
CORTISOL 4 POINT	JOE DOE
Kit ID:	DOB:
Reported: 2026-01-26T15:35	SEX:

SAMPLE TYPE	SAMPLE ID	COLLECTED	RECEIVED	ORDERING PROVIDER
Saliva		2026-01-19T08:00	2026-01-24T09:00	SimplyTest Provider
Saliva MID		2026-01-19T13:00	2026-01-24T09:00	NPI: 1234567890
Saliva PM		2026-01-19T17:00	2026-01-24T09:00	PHONE: (256) 555-5555
Saliva NIGHT		2026-01-19T21:00	2026-01-24T09:00	

Cortisol levels are reported in ng/ml 1 ng/ml = 0.1 ug/dL

Your diurnal cortisol levels are shown in the bubbles above the bars. Normal/expected range for each test is shown in green. Levels reported below the quantitation limit (striped region) should be interpreted with caution.

GRAPH AND COMMENTS + ACTIONABLE CLINICAL INSIGHTS ON NEXT PAGE

SimplyTest® Cortisol-24 is an enzyme-linked immunosorbent assay (ELISA) for the measurement of free active Cortisol in saliva. This test was developed and its performance characteristics determined by SimplyTest. SimplyTest is a CAP accredited, Clinical Laboratory Improvement Amendments of 1988 (CLIA), 42 U.S.C. §263a, certified high-complexity laboratory. CLIA recognizes and supports the use of laboratory developed tests for diagnosis and management of diseases in human subjects.

HOW TO TEST

Cortisol levels vary throughout the day and are highest in the early morning and lower in the afternoon or early evening.

Four saliva samples are collected the same day to establish the diurnal pattern of cortisol production.

- AM Collection 6AM - 9AM
- Mid Collection 11AM - 2PM
- PM Collection 5PM - 7PM
- Night Collection 9PM - Midnight

SOME OF THE SALIVA BENEFITS

- Non-Invansive & simple to collect whether at home or in a clinical setting.
- Saliva collection avoids the stress impact a blood draw can have on hormone levels.
- Saliva contains “free” cortisol, the biologically active form of the hormone unbound to protein.
- When multiple samples are needed, saliva collection allows for easy, convenient sampling with minimal disruption to daily activities.

Supporting Research
l.Hammerich KH, et al. Urologic Oncology. 2017;35(7):460.e2l-28. https://doi.org/10.1016/j.urolonc.2017.02.001 2Alimetrix. Cortisol Assay Validation Summary. 2023. Dhima M, et al. J Prosthodont Res. 2013;57(1):51-56' https://doi.org/10.1016/j.jpor.2012.09.004 Frontiers in Aging Neuroscience. 2019. 5https://www.frontiersin.org/articles/l0.3389/fnagi.2 5. https://www.frontiersin.org/articles/l0.3389/fnagi.20l9.00043/full 6.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6405479/ 7.https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=l&ContentID=217l 8.https://pubmed.ncbi.nlm.nih.gov/20739384/ 9. https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/stress-and-heart-health 10.https://dtc.ucsf.edu/types-of-diabetes/type2/understanding-type-2-diabetes/how-the-body-processes-sugar/blood-sugar-stress/ 11.https://pro.endocrineweb.com/type-2-diabetes/high-evening-cortisol-levels-linked-increased-risk-type-2-diabetes 12. PubMed IDs: 20655918, 15012696 13.https://pubmed.ncbi.nlm.nih.gov/35755918/ https://www.ncbi.nlm.nih.gov/pmc/artic1es/PMC7466429/

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