

TEST REPORT

2025 04 07 778 S

Ordering Provider:
Optimize

Reference Code
6268

Samples Received
04/07/2025

Report Date
04/09/2025





Samples Collected
Saliva - 03/29/25 08:30
Saliva - 03/29/25 12:20
Saliva - 03/29/25 17:15
Saliva - 03/29/25 23:30

Patient Name: Robert J Riglietti
Patient Phone Number: 631 793 2551

Gender Male	Height 5 ft 10 in	Waist 31 in
DOB 7/30/1995 (29 yrs)	Weight 165 lb	BMI 23.7

TEST NAME	RESULTS 03/29/25	RANGE
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Salivary Steroids

Cortisol		3.7-9.5 ng/mL (morning)
Cortisol		1.2-3.0 ng/mL (noon)
Cortisol		0.6-1.9 ng/mL (evening)
Cortisol		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. H = High. L = Low.

Therapies

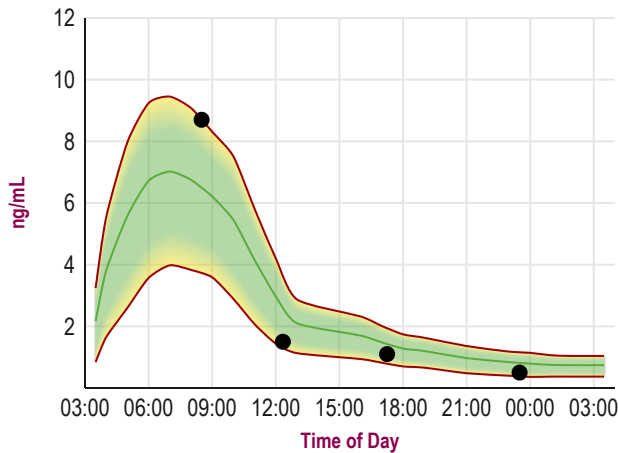
50mcg oral Vitamin D3 (OTC) (1 Days Last Used); Duloxetine (Cymbalta)

Graphs

Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

— Average ▼▲ Off Graph

Saliva Cortisol



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
Salivary Steroids	
Cortisol	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)

TEST REPORT | Patient Reported Symptoms

Robert J Riglietti
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Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES	RESULTS 03/29/25
Estrogen / Progesterone Deficiency	33%
Estrogen Dominance / Progesterone Deficiency	4%
Low Androgens (DHEA/Testosterone)	36%
High Androgens (DHEA/Testosterone)	29%
Low Cortisol	42%
High Cortisol	26%
Hypometabolism	30%
Metabolic Syndrome	18%

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Acne			
ADD/ADHD			
Addictive Behaviors			
Aggressive Behavior			
Allergies			
Anxious			
Apathy			
Autism Spectrum Disorder			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Burned Out Feeling			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Developmental Delays			
Dizzy Spells			
Eating Disorders			
Erections Decreased			
Fatigue - Evening			
Fatigue - Mental			
Fatigue - Morning			
Flexibility Decreased			
Forgetfulness			
Goiter			
Hair - Dry or Brittle			
Hair or Skin Oily			
Headaches			
Hearing Loss			
Heart Palpitations			
Hoarseness			
Hot Flashes			
Infertility			
Irritable			
Joint Pain			
Libido Decreased			
Mania			

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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

Alison McAllister, ND.
(Ordering Provider unless otherwise specified on page 1)

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Mental Sharpness Decreased	[Progress bar]		
Muscle Size Decreased	[Progress bar]		
Muscle Soreness	[Progress bar]		
Nails Breaking or Brittle	[Progress bar]		
Neck or Back Pain	[Progress bar]		
Nervous	[Progress bar]		
Night Sweats	[Progress bar]		
Numbness - Feet or Hands	[Progress bar]		
OCD	[Progress bar]		
Panic Attacks	[Progress bar]		
Prostate Cancer	[Progress bar]		
Prostate Problems	[Progress bar]		
Pulse Rate Slow	[Progress bar]		
Rapid Aging	[Progress bar]		
Rapid Heartbeat	[Progress bar]		
Ringing In Ears	[Progress bar]		
Skin Thinning	[Progress bar]		
Sleeping Difficulty	[Progress bar]		
Stamina Decreased	[Progress bar]		
Stress	[Progress bar]		
Sugar Cravings	[Progress bar]		
Sweating Decreased	[Progress bar]		
Swelling or Puffy Eyes/Face	[Progress bar]		
Triglycerides Elevated	[Progress bar]		
Urinary Urge Increased	[Progress bar]		
Urine Flow Decreased	[Progress bar]		
Weight Gain - Breast or Hips	[Progress bar]		
Weight Gain - Waist	[Progress bar]		

Lab Comments

CORTISOL (4x diurnal immunoassay) is within the slightly high to high-normal reference range suggesting a strong stress response to awakening. Cortisol then drops to within normal reference ranges the remainder of the day. The high morning cortisol seen in these test results may indicate a situational stressor (emotional, physical) or low blood sugar level (hypoglycemia), which often occurs in the morning after overnight fasting. Acute situational stressors (e.g., anxiety over unresolved situations, travel, work-related problems, wedding, holiday season, etc.) can raise cortisol levels, which is a normal response to the stressor. A high morning cortisol would be of greater concern if levels remained in the high range, which they do not. Symptoms commonly associated with chronic high cortisol include sugar craving, fatigue, sleep disturbances, anxiety, and depression. If cortisol remains elevated throughout the day (usually associated with a high night cortisol) and over a prolonged period of time (months/years) excessive breakdown of normal tissues (muscle wasting, thinning of skin, bone loss) and immune suppression can eventually result. For additional information about strategies for supporting adrenal health and reducing stress(ors), the following books are worth reading: "Adrenal Fatigue", by James L. Wilson, N.D., D.C., Ph.D.; "The Cortisol Connection", by Shawn Talbott, Ph.D.; "The End of Stress As We Know It" by Bruce McEwen; "Awakening Athena" by Kenna Stephenson, MD.