



Hormones are chemical messengers that travel through the bloodstream to regulate organs throughout the body. Imbalances in male hormone levels can lead to a variety of symptoms and testing—based on a physician's guidance—may include hormones such as testosterone and cortisol. Laboratories report each hormone level together with the appropriate reference range.

Testosterone

Testosterone is an essential hormone that supports energy, muscle strength, mood, and reproductive health in both men and women. In men, it plays a central role in sperm production and the development of male characteristics, while in women it contributes to bone health, libido and hormonal balance. Changes in testosterone levels may be linked to fatigue, reduced muscle mass, mood shifts or reproductive symptoms, making monitoring an important part of evaluating hormonal well-being.

Testosterone levels in men by age

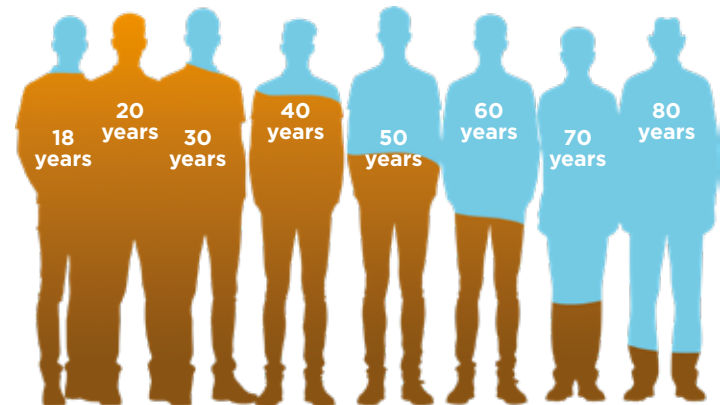


Figure 1: Gradual hormone decline of testosterone in the male body.

DHEA

DHEA (dehydroepiandrosterone) is a hormone produced mainly by the adrenal glands and serves as a precursor for both androgens and estrogens. DHEA levels naturally peak in early adulthood and gradually decline with age. Because DHEA contributes to energy, mood and overall hormonal balance, low levels may be associated with fatigue, reduced vitality or changes in well-being. Testing DHEA can help evaluate adrenal function and age-related hormonal changes.

Products	
RE52611	Cortisol Saliva ELISA (4x for daily Profile)
RE52651	DHEA Saliva ELISA
RE52631	Testosterone Saliva ELISA

References

1. Bae et al. (2019) established reference intervals for nine steroid hormones across the lifespan, highlighting effects of age, gender, puberty, and oral contraceptives (J Steroid Biochem Mol Biol, 193, 105409).
2. Miller et al. (2016) provided reference ranges and seasonal variations for diurnal salivary cortisol from a large meta-dataset (Psychoneuroendocrinology, 73, 16-23).
3. Heaney et al. (2012) examined aging, physical function, and diurnal rhythms of cortisol and DHEA (Psychoneuroendocrinology, 37, 341-349).

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Cortisol

Cortisol is a key hormone released by the adrenal glands and plays an essential role in the body's stress response, metabolism, and immune regulation. Cortisol levels follow a daily rhythm, normally peaking in the morning and decreasing throughout the day. Both elevated and reduced cortisol levels may indicate stress-related conditions or impaired adrenal function. Measuring cortisol helps assess how effectively the body responds to stress and maintains internal balance.

