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A low level of cortisol in the blood can mean [Addison's disease](#), which is caused by damage to the adrenal glands. If the pituitary gland is not working well, it can cause low levels of the hormone ACTH, which in turn causes low levels of cortisol. Conditions that can damage the adrenal glands or pituitary gland include some infections, [head injury](#), and some [autoimmune diseases](#).

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