

TEST NAME	RESULTS	RANGE
<b>Salivary Steroids</b>		
Estradiol	1.0 L	1.3-3.3 pg/mL Premenopausal (Luteal)
Progesterone	16 L	75-270 pg/mL Premenopausal (Luteal)
Ratio: Pg/E2	16 L	Optimal: 100-500 when E2 1.3
Testosterone	20	16-55 pg/mL (Age Dependent)
DHEAS	7.6	2-23 ng/mL (Age Dependent)
Cortisol	5.1	3.7-9.5 ng/mL (morning) -3.3 pg/mL
Cortisol	1.4	1.2-3.0 ng/mL (noon)
Cortisol	0.6	0.6-1.9 ng/mL (evening)
Cortisol	0.5	0.4-1.0 ng/mL (night)

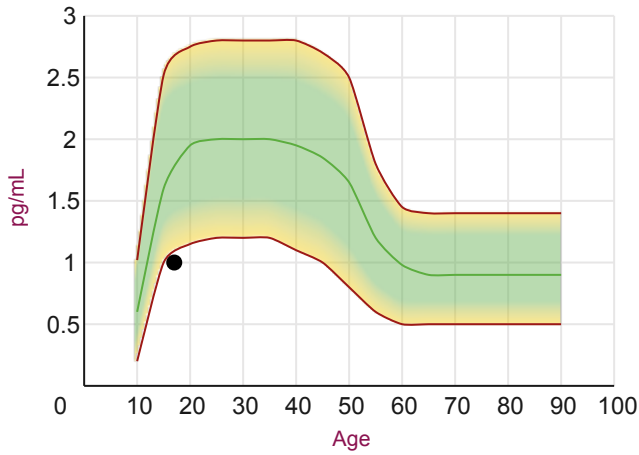
<dL= Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable lim

## Graphs

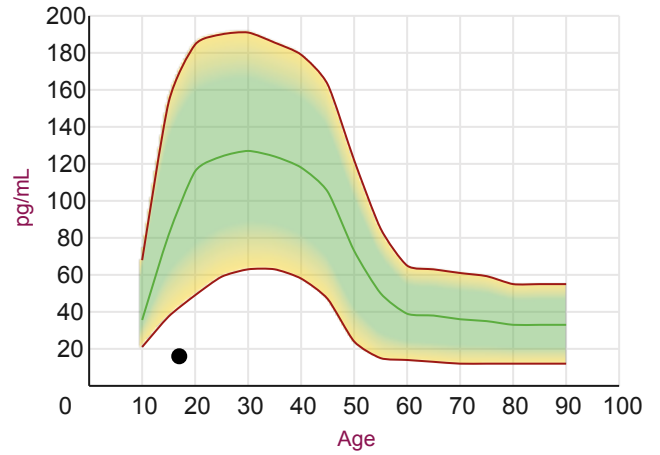
Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

— Average ▼▲ Off Graph

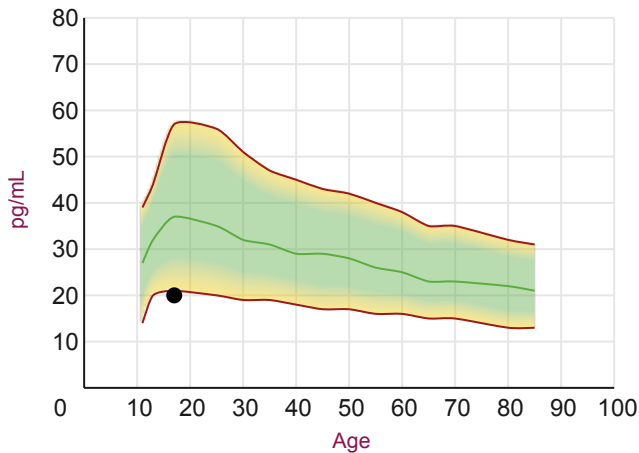
### Saliva Estradiol



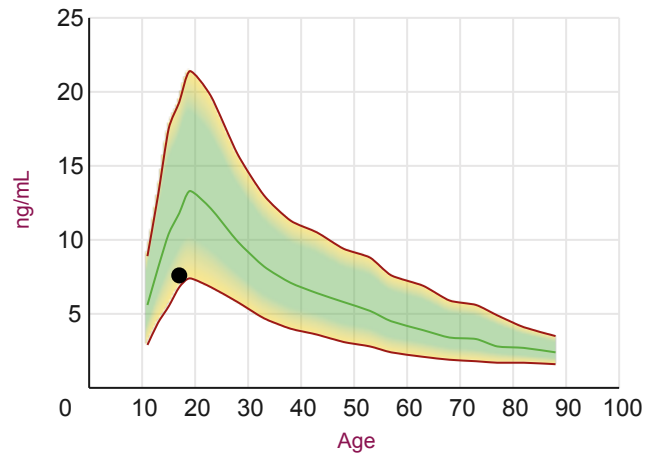
### Saliva Progesterone



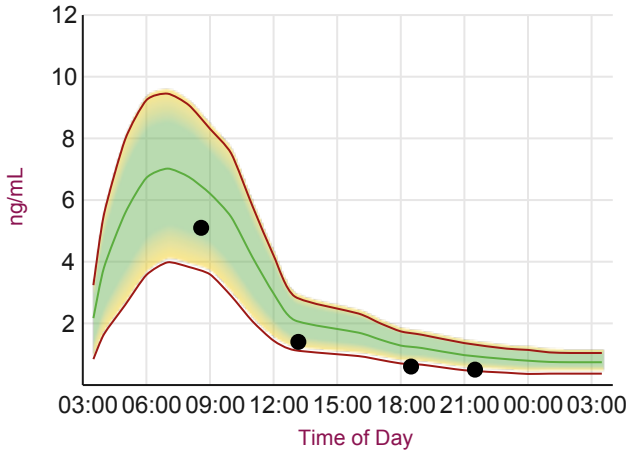
### Saliva Testosterone



### Saliva DHEAS



## Saliva Cortisol



## Reference Ranges

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](http://www.zrtlab.com/reference-ranges).

TEST NAME	WOMEN
Estradiol	0.5-1.7 pg/mL Postmenopausal (optimal 1.3-1.7); 1.3-3.3 pg/mL Premenopausal (Luteal); 0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3); 0.5-2.2 pg/mL (Synthetic HRT, BC); 0.5-1.7 pg/mL Premenopausal (Follicular); 1.1-4.8 Premeno-Ovulatory (2.0-4.8 optimal)
Progesterone	12-100 pg/mL Postmenopausal; 12-100 pg/mL Premenopausal (Follicular); 75-270 pg/mL Premenopausal (Luteal); 30-300 pg/mL Oral Progesterone (100-300 mg); 200-3000 pg/mL Topical, Troche, Vag Pg (10-30mg); 10-53 pg/mL Synthetic Progestins (HRT, BC); 11-59 pg/ml Premeno-Ovulatory
Ratio: Pg/E2	Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone	16-55 pg/mL (Age Dependent)
DHEAS	2-23 ng/mL (Age Dependent)
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)

## Patient Reported Symptoms

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](http://www.zrtlab.com/patient-symptoms).

SYMPTOM CATEGORIES		RESULTS   05/04/19
Estrogen / Progesterone Deficiency	13%	<div style="width: 13%; background-color: #4CAF50;"></div>
Estrogen Dominance / Progesterone Deficiency	20%	<div style="width: 20%; background-color: #FFC107;"></div>
Low Androgens (DHEA/ Testosterone)	19%	<div style="width: 19%; background-color: #FFC107;"></div>
High Androgens (DHEA/ Testosterone)	16%	<div style="width: 16%; background-color: #FFC107;"></div>
Low Cortisol	31%	<div style="width: 31%; background-color: #C0392B;"></div>
High Cortisol	26%	<div style="width: 26%; background-color: #C0392B;"></div>
Hypometabolism	18%	<div style="width: 18%; background-color: #FFC107;"></div>
Metabolic Syndrome	9%	<div style="width: 9%; background-color: #4CAF50;"></div>

### Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	17	< 8.0	
Antimony (Sb)	0.096	< 0.066	
Arsenic (As)	0.27	< 0.080	
Barium (Ba)	0.39	< 0.50	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.033	< 2.0	
Cadmium (Cd)	0.054	< 0.070	
Lead (Pb)	4.6	< 1.0	
Mercury (Hg)	0.38	< 0.40	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.58	< 0.060	
Nickel (Ni)	0.17	< 0.20	
Silver (Ag)	0.23	< 0.20	
Tin (Sn)	0.29	< 0.30	
Titanium (Ti)	0.71	< 1.0	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	920	125- 370			
Magnesium (Mg)	230	12- 30			
Sodium (Na)	64	20- 200			
Potassium (K)	31	12- 200			
Copper (Cu)	30	11- 18			
Zinc (Zn)	86	100- 190			
Manganese (Mn)	1.4	0.10- 0.50			
Chromium (Cr)	0.59	0.43- 0.80			
Vanadium (V)	0.28	0.030- 0.10			
Molybdenum (Mo)	0.15	0.050- 0.13			
Boron (B)	8.6	0.70- 5.0			
Iodine (I)	2.4	0.25- 1.3			
Lithium (Li)	0.045	0.007- 0.020			
Phosphorus (P)	200	150- 220			
Selenium (Se)	0.63	0.70- 1.1			
Strontium (Sr)	7.5	0.16- 1.0			
Sulfur (S)	46300	45500- 53000			
Cobalt (Co)	0.035	0.004- 0.020			
Iron (Fe)	19	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.058	0.016- 0.18			
Zirconium (Zr)	0.61	0.040- 1.0			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 01/02/2019	Sample Size: 0.197 g	Ca/Mg	4
Date Received: 01/10/2019	Sample Type: Head	Ca/P	4.6
Date Completed: 01/11/2019	Hair Color:	Na/K	2.06
Methodology: ICP/MS	Treatment:	Zn/Cu	2.87
	Shampoo: Neutro	Zn/Cd	> 999
		<b>RANGE</b>	
		Ca/Mg	4- 30
		Ca/P	0.8- 8
		Na/K	0.5- 10
		Zn/Cu	4- 20
		Zn/Cd	> 800