



NUTRITIONAL LAB
SERVICES

PO BOX 4233
BURWOOD EAST VIC

Lab id : **12345678**

Test Female

Date of Birth : October 15, 1972

Sex : F

Collected : January 07, 2008

www.nlabs.com.au

Ph: (03) 9803 5335 Fax: (03) 9888 5811

INTEGRATIVE MEDICINE

SALIVA	Result	Range	
Estradiol (E2)	12.2		pmol/L
Progesterone.	211.5		pmol/L
Testosterone.	1191.6 *h	25.0 - 190.0	pmol/L



Saliva Hormone Comments

SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

	E2	E1	E3	Progesterone	DHEAS
FEMALE					
Follicular	<18	9.6-20	15-29	<318	
Mid-Cycle	11-29	9.6-20	15-29	-	
Luteal	<18	9.6-20	15-29	318-1590	
Post Men.	<6	9.6-20	1-41	<159	<6.5
Premenopausal, no oral contraceptives					2.5-25.0
Premenopausal, with oral contraceptives					2.0-8.0
MALE	<6	9.6-20	16-25	<159	5.0-30.0

TARGET REFERENCE RANGES: (ON HRT - 24hr post last dose)

	E2	E1	E3	Progesterone	Testosterone Age Dpndt
Oral	7-73	-	69-139	318-1590	
Patch	4-18	-	-	-	
Cream/Gel	37-184	-	1040-1734	3180-31797	F: 277-867 M: 347-1734

SALIVA E2 levels for a non-menopausal female should be assessed relative to the day of cycle that the specimen was collected.

SALIVA E2 level is adequate and within range.

SALIVA The Progesterone level is within range and suggestive of follicular phase. Aim for a ratio of E2:Prog of 1:50 - 1:80 during this phase of the cycle. If it was collected during the luteal phase the level is relatively low, suggest 200 mg Oral Progesterone supplementation at nights or 2% transdermal cream 1g daily.

SALIVA Free testosterone level is suggestive of current supplementation. If this is a trough phase specimen consider lowering dose of one or more androgen (testosterone and or DHEA or Pregnenolone).

NLS Comment

If indicated, suggest seeking advise from a qualified health care provider.

Tests ordered: NLSFEM

(*) Outside reference range.

(h) Above reference range.