



NUTRITIONAL LAB
SERVICES

PO BOX 4233
BURWOOD EAST VIC

Lab id : **12345678**

Test Female

Date of Birth : July 16, 1955

Sex : F

Collected : August 08, 2008

www.nlabs.com.au

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

INTEGRATIVE MEDICINE

SALIVA	Result	Range	
Estradiol (E2)	17.8		pmol/L
Progesterone (P4)	230.9		pmol/L
P4/E2 Ratio (Saliva)	13.0		RATIO
Testosterone.	114.4	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 level is adequate and within range.

SALIVA The progesterone level is low and suggestive of the need for supplementation. Suggest supplementation with 16mg/gram topical progesterone (or 160mg oral or troche/day). Aim for a supplemented ratio of E2:Prog of 1:200.

SALIVA Free testosterone level is within range and adequate.

NLS Comment

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