

Stress, Mood & Metabolism Lab

Samples Collected

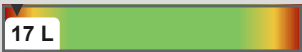
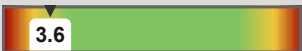
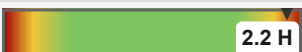
Saliva - 03/03/22 05:30
Saliva - 03/03/22 12:20
Saliva - 03/03/22 17:00
Saliva - 03/03/22 21:10
Blood Spot - 03/03/22 05:25

Patient Name:
Patient Phone Number:

Gender	Last Menses	Height	Waist
Female		5 ft 8 in	30 in
DOB	Menses Status	Weight	BMI
(30 yrs)	Pre-Menopausal	130 lb	19.5

TEST NAME	RESULTS 03/03/22	08/03/21	RANGE
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Salivary Steroids

Estradiol			1.3-3.3 pg/mL Premenopausal (Luteal)
Progesterone			75-270 pg/mL Premenopausal (Luteal)
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)
Cortisol			1.2-3.0 ng/mL (noon)
Cortisol			0.6-1.9 ng/mL (evening)
Cortisol			0.4-1.0 ng/mL (night)

Blood Spot Thyroids

Free T4			0.7-2.5 ng/dL
Free T3			2.4-4.2 pg/mL
TSH			0.5-3.0 µU/mL
TPOab			0-150 IU/mL (70-150 borderline)

Blood Spot CardioMetabolic Markers

Insulin			1-15 µIU/mL (optimal 2-6)
Hemoglobin A1c			<6%

TEST NAME	RESULTS 03/03/22	08/03/21	RANGE
Blood Spot			
Vitamin D, 25-OH, D2	<4		<4 if not supplementing (< 10 nmol/L)
Vitamin D, 25-OH, D3	39		20-80 ng/ml (50-200 nmol/L)
Vitamin D, 25-OH, Total	39		20-80 ng/ml (50-200 nmol/L)

<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 limit. H = High. L = Low.

Therapies

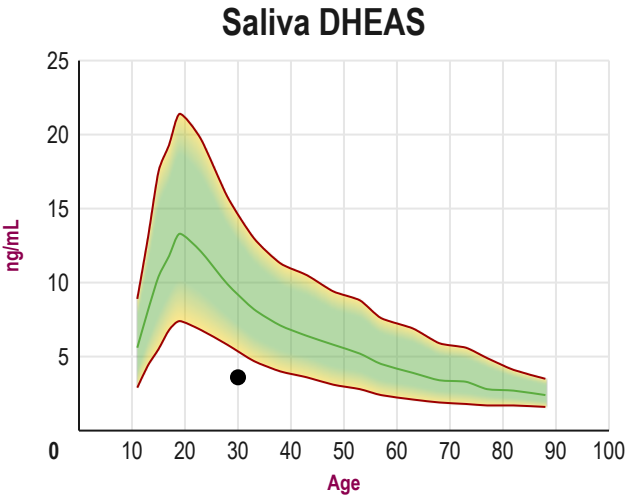
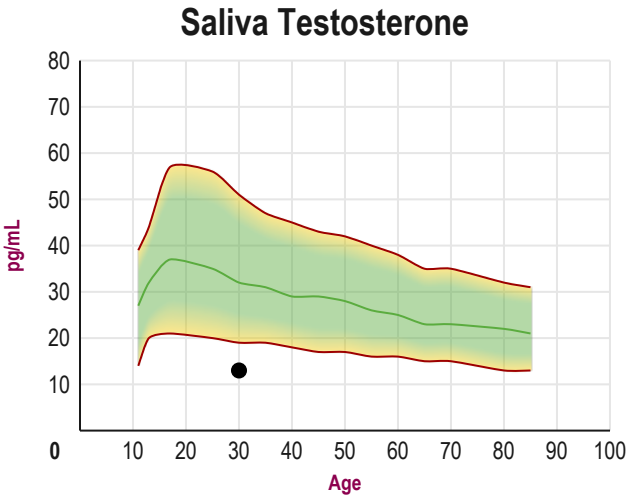
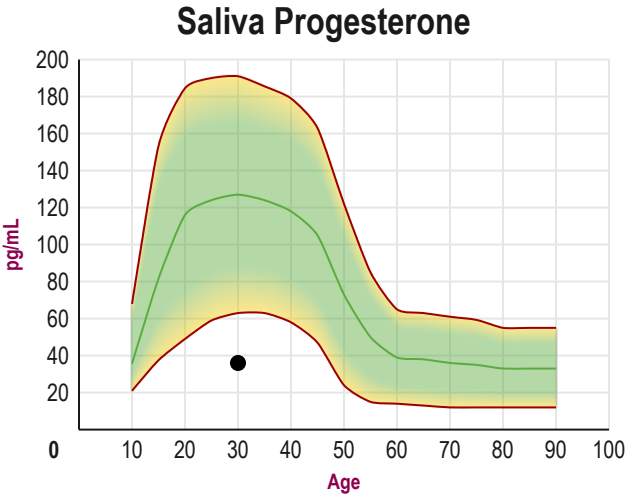
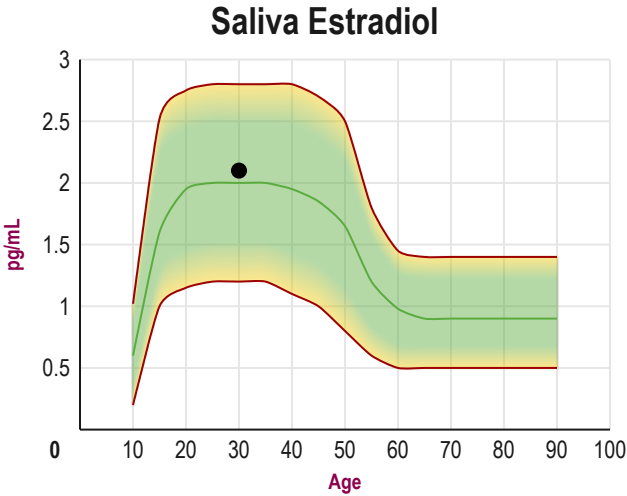
03/03/2022: Probiotics;10000IU sublingual (SL) Vitamin D3 (OTC) (1 Days Last Used); oral L-Theanine (OTC) (3 Weeks Last Used); oral Phosphatidylserine (OTC) (3 Weeks Last Used); Rhodiola Rosea; Siberian Ginseng

08/03/2021:

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 Cortisol

