

TEST REPORT

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Gender	Height Unspecified	Waist Unspecified
DOB	Weight Unspecified	

TEST NAME		RANGE
Blood Spot Steroids (LC-MS/MS) & Other Analytes		
Estradiol		14-32 pg/mL
Progesterone		<0.1-0.9 ng/mL
Testosterone		324-905 ng/dL (Age Dependent)

<dI = 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

None Indicated

TEST REPORT | 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.

TEST NAME	MEN
Blood Spot Steroids (LC-MS/MS) & Other Analytes	
Estradiol	14-32 pg/mL
Progesterone	<0.1-0.9 ng/mL
Testosterone	324-905 ng/dL (Age Dependent); 521-5137 ng/dL TRT

Lab Comments

Estradiol (blood spot) is within observed range for a male.

Progesterone is within the expected reference range for a male.

Testosterone (blood spot) is within normal range. The testosterone in the blood spot assay represents the level in whole blood (includes all blood cells that also carry hormones to target tissues), which is very similar to serum or plasma levels in patients not supplementing with testosterone. Testosterone is an important anabolic hormone that helps to maintain both physical and mental health: it prevents fatigue, helps to maintain a normal sex drive, increases the strength of all structural tissues (skin, bone, muscles, heart) and prevents depression and mental fatigue. Testosterone deficiency is associated with symptoms such as erectile dysfunction, decreased sex drive, decreased mental and physical ability, apathy, and loss of muscle mass. Low testosterone in men is closely associated with insulin resistance/metabolic syndrome.