

# Weight Hormone Profile Sample Report

## TEST REPORT

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Beaverton, OR 97008  
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**ZRT LABORATORY**

# 2018 07 27 200 SB  
Ordering Provider: Sara Getuwell MD

Samples Received: 07/27/2018  
Report Date: 08/01/2018

Samples Collected:  
Saliva - 07/24/18 08:05  
Saliva - 07/24/18 12:10  
Saliva - 07/24/18 18:50  
Saliva - 07/24/18 23:15  
Blood Spot - 07/24/18 08:00

Patient Name: Weight Management  
Patient Phone Number: 555 555 5555

Gender: Female	Last Menses: Unspecified	Height: 5 ft 5 in	Waist: 32 in
DOB: 3/22/1961 (57 yrs)	Menses Status: Hysterectomy (ovaries removed)	Weight: 170 lb	BMI: 28.3

TEST NAME	RESULTS   07/24/18	04/09/18	RANGE
<b>Salivary Steroids</b>			
Estradiol	2.2	4.7	0.8-12 pg/mL, Estrogen Rplcmnt (optimal 1.3-3.3)
Progesterone	73	22	10-300 pg/mL, Oral Progesterone (100-300 mg) 12-100 pg/mL, Postmenopausal
Ratio: Pg/E2	33 L	5 L	Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone	35	15 L	16-55 pg/mL (Age Dependent)
DHEAS	0.0	2.3	2-23 ng/mL (Age Dependent)
Cortisol	0.0	8.1	3.7-9.5 ng/mL (morning)
Cortisol	1.5	1.9	1.2-3.0 ng/mL (noon)
Cortisol	0.7	0.5 L	0.6-1.9 ng/mL (evening)
Cortisol	0.4	0.4	0.4-1.0 ng/mL (night)
<b>Blood Spot</b>			
Vitamin D, 25-OH, D2	<4	<4	<4 if not supplementing (< 10 nmol/L)
Vitamin D, 25-OH, D3	48	15 L	20-80 ng/ml (50-200 nmol/L)
Vitamin D, 25-OH, Total	46	15 L	20-80 ng/ml (50-200 nmol/L)
<b>Blood Spot Thyroids</b>			
TSH	1.0	8 H	0.5-3.0 µU/mL
<b>Blood Spot CardioMetabolic Markers</b>			
Insulin	8.4	11	1-15 µU/mL (optimal 2-6)
Hemoglobin A1c	4.2	5.8	<6%

<L = Less than the detectable limit of the lab. NA = Not applicable. † or more values used in this calculation is less than the detectable limit. H = High, L = Low.

## TEST REPORT | Results continued

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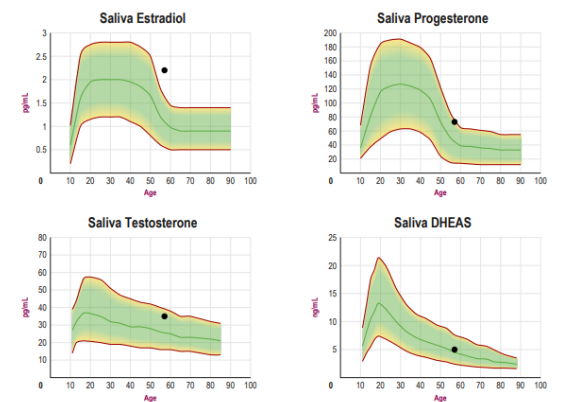
**Therapies**

07/24/2018: 0.5mg topical Biestrogen (1:1 50/50 E3 + E2) (compounded) (23 Hours Last Used) 100mg oral Progesterone (compounded) (1 Days Last Used) 0.5mg topical Testosterone (compounded) (22 Hours Last Used) 10mg topical DHEA (compounded) (22 Days Last Used) 65mg oral Armour (glandular thyroid) (Pharmaceutical) (1 Days Last Used) 5000IU oral Vitamin D (unknown type) (OTC) (1 Days Last Used)

04/09/2018: 1mg oral Estradiol (compounded) (23 Hours Last Used)

**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.



Legend: Average (shaded area), Off Graph (black dot)

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The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zee, Ph.D. Laboratory Director  
Allison Mulliken, MD. (Ordering Provider unless otherwise specified in page 1)

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