

TEST REPORT

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Beaverton, OR 97008
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2017 06 27 197 S

Ordering Provider:
Natural Balance Wellness Medical Center

Samples Received
06/27/2017

Samples Collected
Saliva - 06/23/17 08:50

Report Date
06/28/2017

| | | | |
|--------|---------------|--------|-------------|
| Gender | Last Menses | Height | Waist |
| DOB | Menses Status | Weight | BMI |
| | | | Unspecified |

| TEST NAME | RESULTS 06/23/17 | RANGE |
|--------------------------|--------------------|--|
| Salivary Steroids | | |
| Estradiol | 1.9 | 1.3-3.3 pg/mL Premenopausal (Luteal) |
| Progesterone | 20 L | 75-270 pg/mL Premenopausal (Luteal) |
| Ratio: Pg/E2 | 11 L | Optimal: 100-500 when E2 1.3-3.3 pg/mL |
| Testosterone | 35 | 16-55 pg/mL (Age Dependent) |

<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.

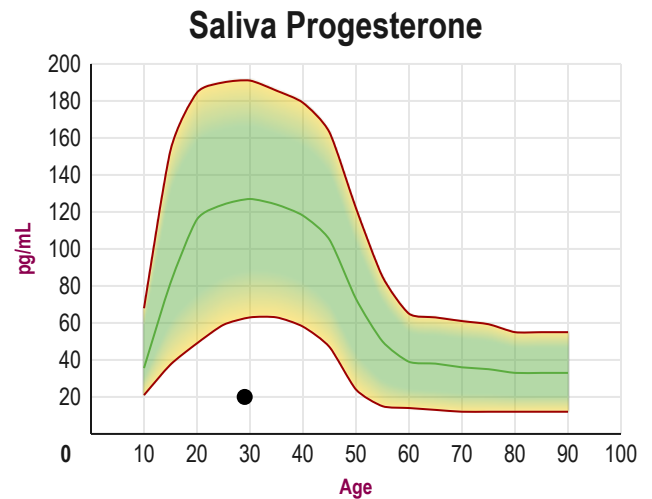
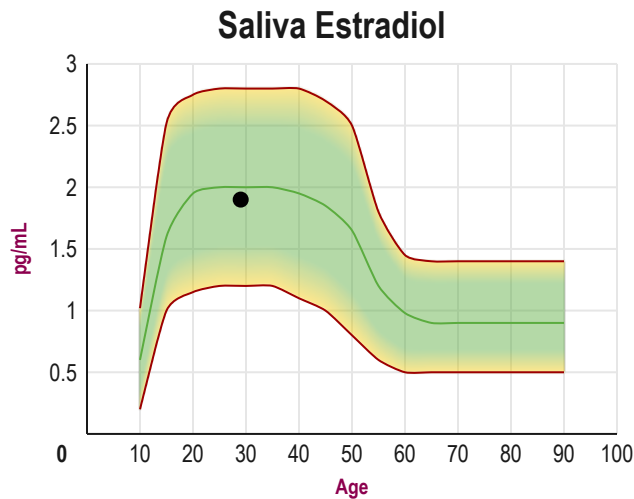
Therapies

None

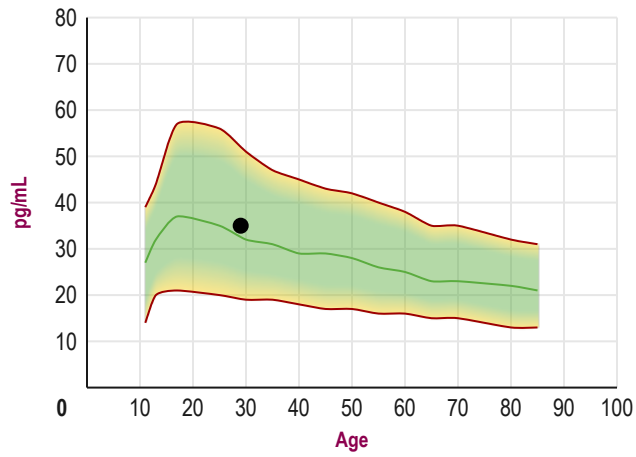
Graphs

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 Testosterone



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 | WOMEN |
|--------------|--|
| Estradiol | 0.5-1.7 pg/mL Postmenopausal (optimal 1.3-1.7); 1.3-3.3 pg/mL Premenopausal (Luteal); 0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3); 0.5-2.2 pg/mL (Synthetic HRT, BC); 0.5-1.7 pg/mL Premenopausal (Follicular) |
| Progesterone | 12-100 pg/mL Postmenopausal; 12-100 pg/mL Premenopausal (Follicular); 75-270 pg/mL Premenopausal (Luteal); 30-300 pg/mL Oral Progesterone (100-300 mg); 200-3000 pg/mL Topical, Troche, Vag Pg (10-30mg); 10-53 pg/mL Synthetic Progestins (HRT, BC) |
| Ratio: Pg/E2 | Optimal: 100-500 when E2 1.3-3.3 pg/mL |
| Testosterone | 16-55 pg/mL (Age Dependent) |

TEST REPORT | Patient Reported Symptoms



Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

| SYMPTOM CATEGORIES | RESULTS 06/23/17 |
|--|--------------------|
| Estrogen / Progesterone Deficiency | 22% |
| Estrogen Dominance / Progesterone Deficiency | 32% |
| Low Androgens (DHEA/Testosterone) | 30% |
| High Androgens (DHEA/Testosterone) | 17% |
| Low Cortisol | 39% |
| High Cortisol | 37% |
| Hypometabolism | 27% |
| Metabolic Syndrome | 22% |

| SYMPTOM CHECKLIST | MILD | MODERATE | SEVERE |
|---------------------------------|------|----------|--------|
| Aches and Pains | | | |
| Acne | | | |
| Allergies | | | |
| Anxious | | | |
| Bleeding Changes | | | |
| Blood Pressure High | | | |
| Blood Pressure Low | | | |
| Blood Sugar Low | | | |
| Body Temperature Cold | | | |
| Bone Loss | | | |
| Breast Cancer | | | |
| Breasts - Fibrocystic | | | |
| Breasts - Tender | | | |
| Chemical Sensitivity | | | |
| Cholesterol High | | | |
| Constipation | | | |
| Depressed | | | |
| Fatigue - Evening | | | |
| Fatigue - Morning | | | |
| Fibromyalgia | | | |
| Foggy Thinking | | | |
| Goiter | | | |
| Hair - Dry or Brittle | | | |
| Hair - Increased Facial or Body | | | |
| Hair - Scalp Loss | | | |
| Headaches | | | |
| Hearing Loss | | | |
| Heart Palpitations | | | |
| Hoarseness | | | |
| Hot Flashes | | | |
| Incontinence | | | |
| Infertility | | | |
| Irritable | | | |
| Libido Decreased | | | |
| Memory Lapse | | | |
| Mood Swings | | | |
| Muscle Size Decreased | | | |
| Nails Breaking or Brittle | | | |
| Nervous | | | |
| Night Sweats | | | |
| Numbness - Feet or Hands | | | |

