

Expected Hormone Ranges in Saliva

Estradiol		Progesterone	
Unsupplemented	Saliva Range	Unsupplemented	Saliva Range
Premenopausal	Follicular	Follicular	< 0.1 ng/ml
	Midcycle	Luteal	0.1 - 0.5 ng/ml
	Luteal	Postmenopausal & Men	<0.05 ng/ml
Postmenopausal & Men	< 1.5 pg/ml		
Supplemented*		Supplemented*	
Oral	2.0 - 20.0 pg/ml	Oral	0.1 - 0.5 ng/ml
Patch	1.0 - 5.0 pg/ml	Cream / gel	1.0 - 10.0 ng/ml
Cream / gel	10.0 - 50.0 pg/ml		
Estriol		Cortisol	
Unsupplemented	Saliva Range	Unsupplemented	
Premenopausal	4.4 - 8.3 pg/ml	Women & Men	A. M. 1.0 - 8.0 ng/ml
Postmenopausal	3.0 - 11.8 pg/ml		P. M. 0.1 - 1.0 ng/ml
Men	4.7 - 7.1 pg/ml		
Supplemented*		Dihydrotestosterone	
Oral	20 - 40 pg/ml	Men	10 - 40 pg/ml
Cream	300 - 500 pg/ml	Women	6 - 20 pg/ml
Estrone			
Unsupplemented	Saliva Range		
Pre & Postmenopausal & Men	2.5 - 5.4 pg/ml		

*Supplemented ranges represent hormone levels 8 - 10 hours after last dose.

Unsupplemented A.M. Ranges for Salivary Testosterone and DHEA

Testosterone

Female		Male	
Age	Range	Age	Range
20 - 29	17 - 52 pg/ml	20 - 29	42 - 145 pg/ml
30 - 39	15 - 44 pg/ml	30 - 39	53 - 114 pg/ml
40 - 49	13 - 37 pg/ml	40 - 49	41 - 104 pg/ml
50 - 59	12 - 34 pg/ml	50 - 59	36 - 96 pg/ml
60 - 69	12 - 35 pg/ml	60 - 69	32 - 86 pg/ml
>70	11 - 34 pg/ml	70 - 79	31 - 81 pg/ml
		>80	26 - 54 pg/ml

DHEA

Female		Male	
Age	Range	Age	Range
20 - 29	106 - 300 pg/ml	20 - 29	137 - 336 pg/ml
30 - 39	77 - 217 pg/ml	30 - 39	82 - 287 pg/ml
40 - 49	47 - 200 pg/ml	40 - 49	68 - 221 pg/ml
50 - 59	38 - 136 pg/ml	50 - 59	49 - 177 pg/ml
60 - 69	36 - 107 pg/ml	60 - 69	40 - 158 pg/ml
70 - 79	32 - 99 pg/ml	70 - 79	35 - 135 pg/ml
>80	33 - 90 pg/ml	>80	37 - 106 pg/ml

For oral testosterone and DHEA supplementation, compare values with unsupplemented ranges.

For transdermal testosterone creams/gels expect levels of 100 - 350 pg/ml.