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Ordering Provider:
EquiLife, LLC

Samples Received
08/25/2021

Samples Collected
Saliva - 08/23/21 08:00

Report Date
09/08/2021

Patient Name:

Patient Phone Number:

Gender Female	Last Menses 08/05/2021	Height 5 ft 7 in	Waist 26 in
DOB	Menses Status Pre-Menopausal	Weight 120 lb	BMI 18.8

TEST NAME	RESULTS 08/23/21	RANGE
Salivary Steroids		
Estradiol	1.4	1.3-3.3 pg/mL Premenopausal (Luteal)
Progesterone	18 L	75-270 pg/mL Premenopausal (Luteal)
Ratio: Pg/E2	13 L	Optimal: 100-500 when E2 1.3-3.3 pg/mL

<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.

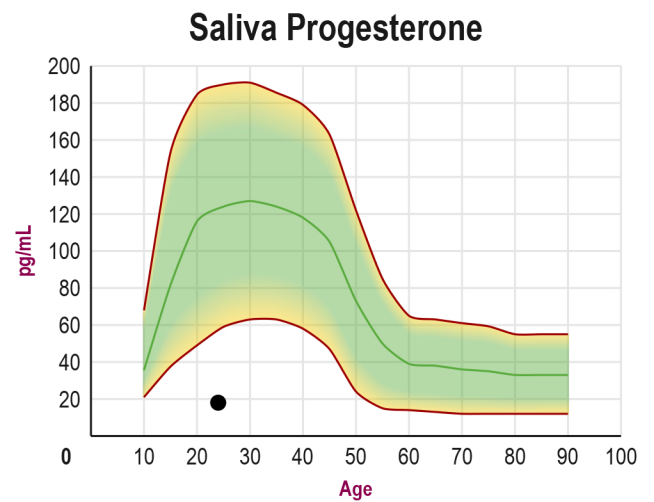
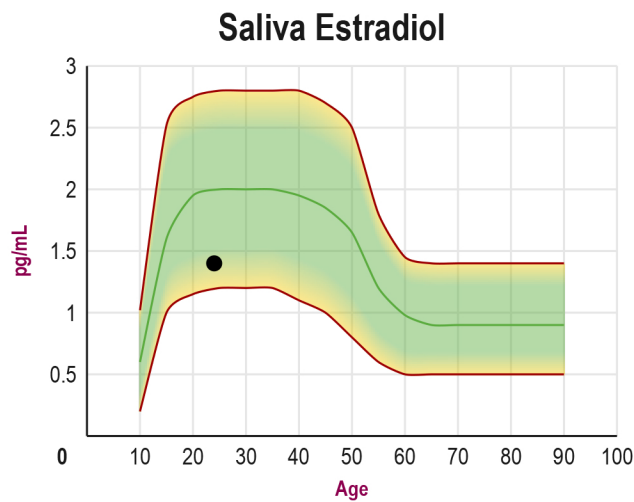
Therapies

None Indicated








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



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 08/23/21
Estrogen / Progesterone Deficiency	11% 
Estrogen Dominance / Progesterone Deficiency	15% 
Low Androgens (DHEA/Testosterone)	2% 
High Androgens (DHEA/Testosterone)	32% 
Low Cortisol	10% 
High Cortisol	12% 
Hypometabolism	6% 
Metabolic Syndrome	0%

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Aches and Pains	<input type="checkbox"/>		
Acne	<input type="checkbox"/>		
ADD/ADHD	<input type="checkbox"/>		
Addictive Behaviors	<input type="checkbox"/>		
Allergies	<input type="checkbox"/>		
Anxious	<input type="checkbox"/>		
Autism Spectrum Disorder	<input type="checkbox"/>		
Bleeding Changes	<input type="checkbox"/>		
Blood Pressure High	<input type="checkbox"/>		
Blood Pressure Low	<input type="checkbox"/>		
Blood Sugar Low	<input type="checkbox"/>		
Body Temperature Cold	<input type="checkbox"/>		
Bone Loss	<input type="checkbox"/>		
Breast Cancer	<input type="checkbox"/>		
Breasts - Fibrocystic	<input type="checkbox"/>		
Breasts - Tender	<input type="checkbox"/>		
Chemical Sensitivity	<input type="checkbox"/>		
Cholesterol High	<input type="checkbox"/>		
Constipation	<input type="checkbox"/>		
Depressed	<input type="checkbox"/>		
Developmental Delays	<input type="checkbox"/>		
Eating Disorders	<input type="checkbox"/>		
Fatigue - Evening	<input type="checkbox"/>		
Fatigue - Morning	<input type="checkbox"/>		
Fibromyalgia	<input type="checkbox"/>		
Foggy Thinking	<input type="checkbox"/>		
Goiter	<input type="checkbox"/>		
Hair - Dry or Brittle	<input type="checkbox"/>		
Hair - Increased Facial or Body	<input type="checkbox"/>		
Hair - Scalp Loss	<input type="checkbox"/>		
Headaches	<input type="checkbox"/>		
Hearing Loss	<input type="checkbox"/>		
Heart Palpitations	<input type="checkbox"/>		
Hoarseness	<input type="checkbox"/>		
Hot Flashes	<input type="checkbox"/>		
Incontinence	<input type="checkbox"/>		
Infertility	<input type="checkbox"/>		
Irritable	<input type="checkbox"/>		
Libido Decreased	<input type="checkbox"/>		
Mania	<input type="checkbox"/>		

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Memory Lapse			
Mood Swings			
Muscle Size Decreased			
Nails Breaking or Brittle			
Nervous	■		
Night Sweats	■	■	
Numbness - Feet or Hands	■		
OCD	■		
Panic Attacks	■		
PreMenstrual Dysphoric Disorder	■		
Pulse Rate Slow	■		
Rapid Aging	■		
Rapid Heartbeat	■	■	
Skin Thinning	■		
Sleep Disturbed	■		
Stamina Decreased	■		
Stress	■	■	
Sugar Cravings	■		
Sweating Decreased	■		
Swelling or Puffy Eyes/Face	■		
Tearful	■	■	
Triglycerides Elevated	■		
Urinary Urge Increased	■		
Uterine Fibroids	■		
Vaginal Dryness	■		
Water Retention	■		
Weight Gain - Hips	■		
Weight Gain - Waist	■		

Lab Comments

Estradiol is within the expected range for luteal phase, but high relative to progesterone, which is low. Low progesterone is usually associated with luteal insufficiency. An imbalance in the progesterone/estradiol ratio can often lead to symptoms of imbalance. Overall symptoms of estrogen/progesterone imbalance are minimal at the time of testing. If symptoms of estrogen imbalance become problematic, it would be worthwhile to consider supplementing with bioidentical progesterone as this is often helpful for symptoms of both estrogen dominance (anti-estrogen) and estrogen deficiency (helps with hot flashes and night sweats).