

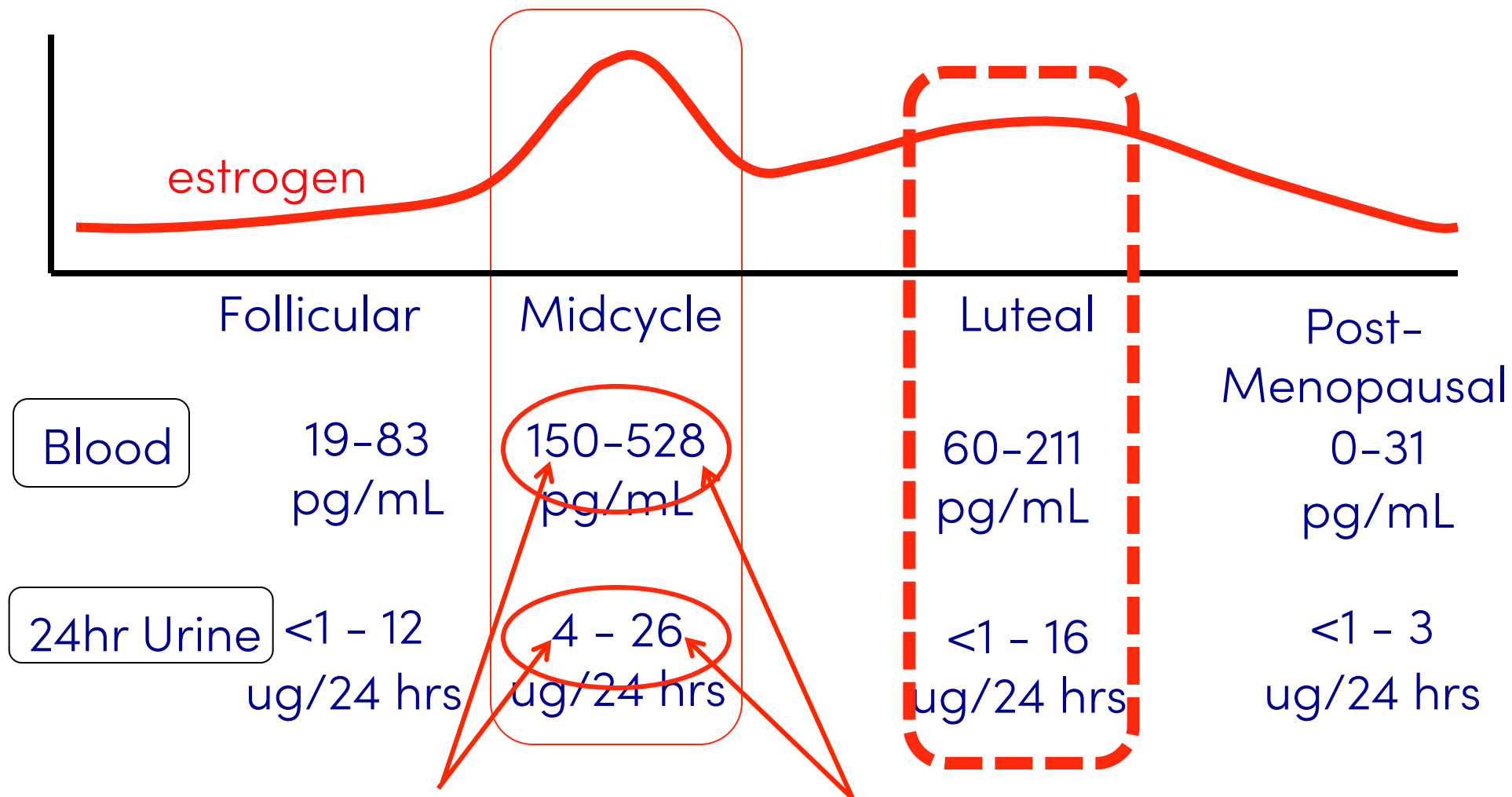
## Variation in Lab Test Values: Normal Ranges

“Reference,” “Normal,” & “Optimal” Ranges

FBS: “65 – 99”

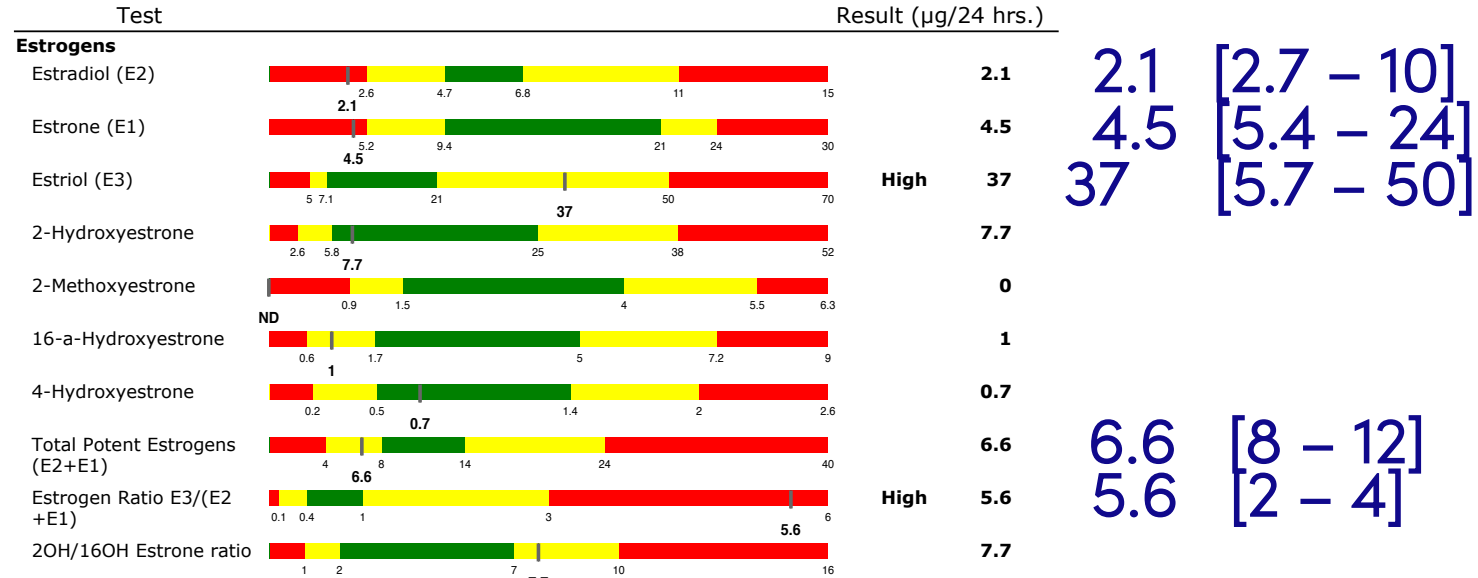
??? “86”

# Variation in Lab Test Values: “Normal Ranges”



Reference Range:  
20 – 29 y.o.

Patient:   
Collection Date: 01/29/10   
Lab No: SHP1003667.D   
DOB: 6/10/54 Age: 55 Sex: F Accession No:   
Date Received: 02/03/10 Physician: DR. DAVED ROSENWEEET   
Date Reported: 02/08/10 Test: HORMEST



2.1 [2.7 – 10]  
4.5 [5.4 – 24]  
37 [5.7 – 50]  
6.6 [8 – 12]  
5.6 [2 – 4]

Reference Range is that for 30-39 year-old females.  
None Detected (ND) ≤ the minimum detectable concentration, which is < 0.1 µg/24 hrs.  
Total Volume = 1300 ml

# 24 hour urine hormone test results

	L.F.	F.A	M.L.	reference
age	30	30	27	
E2	2.6	4.2	10	
E1	7.2	8.2	25	
TPE's: (E2 + E1)	9.8	12.4	35	8 - 14 [-24] mcg/24h
E3	27	14	27	
EQ: E3/TPE's	2.8	1.1	0.8	2 - 4
pregnanediol	1496			1281 - 3290

L.F. 30 healthy, G0 a bit tired, nl bmi, thin

F.A. 30 very healthy G0, nl bmi, hourglass

M.L. 27, G0, bmi>nl, estrogen dominant sx, her mother had Breast Cancer

Note: E1/E2  $\approx$  2+/1 (2.8, 2, 2.5)

# 24 hour urine hormone test results

	A.R.	A.R.	reference
age	62	63	
Bi-Est Rx: mg/ml E3:E2	0	30/80:20	
mgeeq	0	1.4	1.7 ave: 0.8 – 2.6
Progesterone Rx, mg	0	32 oils	[included]
E2	0	3.6	
E1	1	11	
TPE's: (E2 + E1)	1	14.6	8 – 14 [-24] mcg/24h
E3	2.6	60	
EQ: E3/TPE's	2.6	4.1	2 – 4
pregnanediol	137	382	100–3287
Feels	terrible	good	

# 24 hour urine hormone test results

	A.R.	A.R.	A.R.	F.A	reference
age	62	63	66	30	
Bi-Est Rx: mg/ml E3:E2	0	30/80:20	30/60:40		
mgeeq	0	1.4	3.4 *		1.7 ave: 0.8 – 2.6
Progesterone Rx, mg	0	32 oils	75 p.o.		[omitted]
E2	0	3.6	2.2	4.2	
E1	1	11	7.1	8.2	
TPE's: (E2 + E1)	1	14.6	9.3*	12.4	8-14 [-24]
E3	2.6	60	21	14	mcg/24h
EQ: E3/TPE's	2.6	4.1	2.3	1.1	2-4
pregnanediol	137	382	2815**		100-3287
Feels	terrible	good	Really good. Amazing orgasms sleep like baby		

\* Note increase in mgeeq & decrease of TPE absorption decreased

\*\* note pregnanediol increase with oral progesterone along with increased wellbeing and less TPE's

# Absorption issues

Pt	J.F	J.F	reference
age	61	63	
B-E (mg/ml E3/E2)	60:80/20	60:80/20	
mgeeq	7.2	7.2	1.7 ave: 0.8 – 2.6
Progesterone oo	40 mg	48 mg*	
E2	6.4	3.6	
E1	13	7	
TPE's	19.4	10.6*	8-14 [-24] mcg/24h
E3	54	32	
EQ	2.8	3.0	2-4
Pregnanediol	432	221**	

\* Absorption change

\*\* 6 drops (48mg) of progesterone is her maximum tolerated dose: she awakens groggy with gtts 7

## 24 hour urine hormone labs:

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### Rhein Consulting Labs

503-292-1988 (Portland OR)

Frank Nordt PhD

### Meridian Valley Clinical Lab

425-271-8689 (Kent, WA)

(Jonathan Wright M.D.'s affiliate)

### Genova Diagnostics

800-522-4762 (Asheville NC)

Insurance billing