



Verisana LAB • 818 N Quincy St Unit 806 • Arlington, VA 22203

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**Surname, First name** Smith,John

**DOB** 05/01/1980

**Sex**

**Lab number** 1-4307

**Report date** 04/30/2019

## Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results you will also receive a brief summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending or changing any medication or therapy without consulting your doctor or practitioner.

**Test:** Comprehensive Hormone Check

**Sample material:** blood

**Date collected:**

**Date received:**

Analyte	Result	Reference range	Result
Sex Hormones			
Pg/E2	42,3:1	100-500:1	
Estradiol	3,4pg/ml	0,4-3,3pg/ml	
Progesterone	144pg/ml	9-126pg/ml	
Testosterone	156pg/ml	49-185pg/ml	
Stress Hormones			
DHEA	212pg/ml	42-578pg/ml	
Cortisol (morning)	6,52ng/ml	1,5-9,6ng/ml	
Cortisol (noon)	5,41ng/ml	0,6-4,1ng/ml	
Cortisol (evening)	3,58ng/ml	0,2-2,3ng/ml	

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Analyte	Result	Reference range	Result
Cortisol (late evening)	1,455ng/ml	0,1-1,8ng/ml	

## Pg/E2

The optimal progesterone/estradiol ratio is above 100:1. Therefore, the progesterone is decreased in relation to the estradiol. This is known as a so-called estrogen dominance. An estrogen dominance does not necessarily mean an excess of estrogen or progesterone. It describes an imbalance between estrogen and its counterpart progesterone. The body reacts as though too much estrogen is present. This can even be the case with an estrogen deficiency, as the relative ratio between the two is decisive. The progesterone/estradiol quotient can also be helpful by indications for a relative estrogen dominance, if the progesterone and estrogen values are within the normal range.

## Estradiol

Estradiol is a sex hormone which is produced in men in the adrenal glands and fat tissue. Increased estradiol levels encourage a female appearance in men, such as breast growth and reduced body hair. High values can lead to increased fat deposits (thighs, buttocks) and therefore also to excess weight. An increased estradiol level can be caused by a liver dysfunction, substitution treatment or obesity (an enhanced conversion of testosterone to estradiol through aromatase).

## Progesterone

The progesterone level is increased. Progesterone is a yellow body hormone, which is produced in men in the adrenal glands and testicles. It has a mood lifting effect, neutralizes the effect of estrogens on the breast tissue, stimulates the bone and collagen growth and encourages the reduction of fat tissue during physical activity.

## Testosterone

The age-appropriate testosterone level indicates a sufficient synthesis capacity and has a healthy effect on the body weight and hormone system.

## DHEA

The DHEA value is within the normal range. DHEA is produced mainly in the adrenal cortex. It is a primary substance to produce testosterone and estradiol. The DHEA level depends on the daily rhythm and age. From the age of 25 the DHEA production continually decreases.

## Cortisol (morning)



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The morning cortisol level is within the normal range. Cortisol is a stress hormone which is produced in the adrenal cortex. Stress is the strongest stimulus for the cortisol distribution. Stress hormones are chemical messengers that help the body to react to extraordinary strain. Our body can not differentiate between positive and negative stress. Stressors include heavy physical labor, competitive sports, psychological and physical stress situations, serious illnesses but also positive events such as wedding preparations, new family members or a new job. It has an anti-inflammatory effect, stimulates the fat decomposition and increases the protein turnover. The cortisol distribution is subject to daily fluctuations.

#### **Cortisol (noon)**

The cortisol value after 3-6 hours is increased.

#### **Cortisol (evening)**

The cortisol value after 6-9 hours is increased.

#### **Cortisol (late evening)**

The cortisol value after 12 hours is within the reference range.

Yours sincerely,  
Your laboratory team