

# ZRT Laboratory Blood Spot Reference Ranges

	WOMEN		MEN	
<b>Estradiol</b> pg/mL	Premenopausal Luteal	43 – 180	12 – 56	
	Postmenopausal	<10 – 49		
<b>Progesterone</b> ng/mL	Premenopausal Luteal	3.3 – 22.5	<0.1 – 0.8	
	Postmenopausal	<0.1 – 0.8		
<b>Testosterone</b> ng/dL	Premenopausal Luteal	20 – 130	All ages	168-1039 Optimum 400-1200
			Ages 20-29	231-1039
	Postmenopausal	10-45	Ages 30-39	332-924
			Ages 40-49	216-726
			Ages 50-59	168-670
<b>SHBG</b> nmol/L	15 – 120		15 – 50	
<b>Ratio T/SHBG</b>	n/a		0.7 – 1.0	
<b>DHEA-S</b> µg/dL	40 – 290		70 – 325	
<b>Cortisol</b> µg/dL	6 – 13		6 – 13	
<b>PSA</b> ng/mL	n/a		<0.5 – 4.0	
<b>Free T3</b> pg/mL	2.5 – 6.5 Optimum 3 – 4		2.5 – 6.5 Optimum 3 – 4	
<b>Free T4</b> ng/dL	0.7 – 2.5 Optimum 1 – 2		0.7 – 2.5 Optimum – 1-2	
<b>TSH</b> µU/mL	0.5 – 3.0 Optimum 0.5 –2.0		0.5 – 3.0 Optimum 0.5-2.0	
<b>TPO</b> IU/mL	0 – 150 70 – 150 borderline		0 – 150 70-150 borderline	
<b>LH</b> U/L	Premenopausal Follicular	1.6 – 9.3	1.0-8.4	
	Postmenopausal	15 – 64		
<b>FSH</b> U/L	Premenopausal Follicular	2.4 – 9.3	1.0 – 10.5	
	Postmenopausal	31 – 134		
<b>IGF-1</b> ng/mL	100-300		100 – 300	
<b>Insulin</b> µIU/mL	1 – 15 Optimum 1-8		1-15 Optimum 1-8	
<b>hsCRP</b> mg/L	<3		<3	
<b>HbA1c</b> %	<6 Optimum 3.5 – 5.5		<6 Optimum 3.5 – 5.5	
<b>Triglycerides</b> mg/dL	<150		<150	
<b>Cholesterol, Total</b> mg/dL	<200		<200	
<b>LDL Cholesterol</b> mg/dL	<130 Optimum <100		<130 Optimum <100	
<b>HDL Cholesterol</b> mg/dL	≥40		≥40	
<b>VLDL Cholesterol</b> mg/dL	<30		<30	
<b>25-hydroxyvitamin D2</b> ng/mL	<5 unless supplementing		<5 unless supplementing	
<b>25-hydroxyvitamin D3</b> ng/mL	32 – 100		32 – 100	