

# HORMONE LEVEL REFERENCE CHART

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

| Hormone                                   | Standard Range | Optimal Range | Unit   |
|---|----------------|---------------|--------|
| <b>THYROID PANEL</b>                      |                |               |        |
| TSH                                       | 0.45 - 4.50    | 1.0 - 2.0     | uIU/mL |
| Free T4                                   | 0.82 - 1.77    | 1.1 - 1.5     | ng/dL  |
| Free T3                                   | 2.0 - 4.4      | 3.2 - 4.0     | pg/mL  |
| <b>ADRENAL &amp; METABOLIC</b>            |                |               |        |
| Cortisol (AM)                             | 6.2 - 19.4     | 10.0 - 15.0   | mcg/dL |
| DHEA-S                                    | 25 - 430       | 200 - 350     | ug/dL  |
| <b>REPRODUCTIVE (FEMALE - FOLLICULAR)</b> |                |               |        |

| <b>Hormone</b>       | <b>Standard Range</b> | <b>Optimal Range</b> | <b>Unit</b> |
|----------------------|-----------------------|----------------------|-------------|
| Estradiol            | 12.5 - 166            | 50 - 100             | pg/mL       |
| Progesterone         | 0.1 - 0.8             | < 0.5                | ng/mL       |
| Testosterone (Total) | 8 - 48                | 30 - 45              | ng/dL       |

**CLINICAL NOTES & OBSERVATIONS**

Template for informational purposes only. Consult with a qualified healthcare provider for interpretation.