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-.KIRSTY LAKSTINS-ADAMS
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28 GEOGRAPHE WAY
THORN LIE WA 6108

SUSAN SKINNER
15-Aug-1984 **Female**

11 MOONSTONE PLACE
GOSNELLS WA 6110

LAB ID : 3880956
UR NO. : 6184888
Collection Date : 30-Mar-2023
Received Date:03-Apr-2023



3880956

ENDOCRINOLOGY SALIVA

SALIVA	Result	Range	Units	
Cortisol Morning	33.60	12.00 - 48.00	nmol/L	
Progesterone (P4)	131.6 *L	276.0 - 1725.0	pmol/L	
Testosterone.	93.9	56.0 - 183.0	pmol/L	
Salivary Estrogens				
Estradiol (E2)	6.9	3.7 - 18.0	pmol/L	
Estrone (E1)	20.8	9.5 - 71.0	pmol/L	
Estriol (E3)	31.2	7.7 - 49.0	pmol/L	
E3/[E2+E1]	1.12	> 1.00	RATIO	
P4/E2 Ratio (Saliva)	19.0	4.0 - 108.0	RATIO	

(*) Result outside normal reference range

(L) Result is below lower limit of reference range

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Saliva Hormone Comments

** PLEASE NOTE NEW REFERENCE RANGES AS OF 20.08.2021 **

TABLE 1: SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

FEMALE	Progesterone	DHEAS	E2	E1	E3
Pre/menarcheal	90-390		3.1-13	9.5-71	7.7-49
Follicular	90-480		3.1-17	9.5-71	7.7-49
Mid-Cycle	85-590		5.0-22	9.5-71	7.7-49
Luteal	276-1725		3.7-18	9.5-71	7.7-49
Post Menop.	80-820	1.8-18.5	3.7-16	9.0-65	9.0-62
Premenopausal, No OC's		2.5-27.0			
Premenopausal, with OC's		2.0-8.0			
MALE	<230	5.0-32.0	2.7-11	7.7-50	6.6-38

TABLE 2: TARGET REFERENCE RANGES: (ON HRT - 24 to 48 hr post last dose)

	Progesterone	Testosterone	E2	E1	E3
Oral	320-1998		7-73		69-139
Patch	-		4-18	-	-
Cream/Gel	3180-15000	F: 277-867 M: 347-1734	37-184	-	1040-1734

SALIVA ESTRONE (E1) is produced primarily from androstenedione originating from the gonads or the adrenal cortex. In premenopausal women, more than 50% of the E1 is secreted by the ovaries. In prepubertal children, men and non-supplemented postmenopausal women, the major portion of E1 is derived from peripheral tissue conversion of androstenedione. Interconversion of E1 and E2 also occurs in peripheral tissue. Bioassay data indicate that the estrogenic action is much less than E2. E1 is a primary estrogenic component of several pharmaceutical preparations, including those containing conjugated and esterified estrogens. In premenopausal women E1 levels generally parallel those of E2. After menopause E1 levels increase, possibly due to increased conversion of androstenedione to E1.

SALIVA E1 is within range.

SALIVA E2 levels for a non-menopausal female should be assessed relative to the day of cycle that the specimen was collected.

SALIVA E2 level is adequate and within range.

Saliva E3 level is within range and adequate.

The Estrogen Quotient is within range. Suggestive of a normal estrogen metabolism.

SALIVA The Progesterone level is within range, IF the specimen was collected through the follicular phase; otherwise it is low. Aim for a ratio of E2:Prog of 1:50 - 1:80 (50 to 80 parts Progesterone to 1 part estradiol) during this phase (Luteal) of the cycle.

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(L) Result is below lower limit of reference range



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If confirmed that the specimen was collected during the Luteal phase, then the level is relatively low, suggest 200 mg Oral Progesterone supplementation at nights or 2% transdermal cream 1g daily.

MORNING SALIVA LEVEL WITHIN RANGE:

Saliva morning cortisol level is adequate and within range.

SALIVA FREE TESTOSTERONE level is within range and adequate.