

Saliva Reference Ranges

Disclaimer: Supplement type and dosage are for provider information and are not recommendations for treatment. Reference ranges are observed ranges based on collected laboratory data. For more information, please contact ZRT Laboratory.

Saliva Test	Reference Ranges for WOMEN	Reference Ranges for MEN		
Estradiol (E2) pg/mL	Premenopausal - Luteal	1.3-3.3	0.5-2.2	
	Premenopausal - Follicular	0.9-2.5		
	Premenopausal - Ovulatory	1.1-4.8		
	Optimum	2.0-4.8		
	Postmenopausal	0.5-1.7		
	Optimum	1.3-1.7		
	Estrogen Replacement	0.8-12		
Optimum	1.3-3.3			
Synthetic HRT, Contraceptive	0.5-2.2			
Estrone (E1) pg/mL	Postmenopausal	0.9-3.1	1.3-3.6	
	Premenopausal - Luteal	3.2-7.9		
Estriol (E3) pg/mL	Postmenopausal	<1.9	<1.7	
	Premenopausal - Luteal	<3.0		
	Topical Estriol/Biest/Triest	10-200		
	Oral Estriol/Biest/Triest	10-80		
Progesterone (Pg) pg/mL	Premenopausal - Luteal	75-270	Topical Progesterone (5-10 mg) 100-500	
	Premenopausal - Follicular	14-48		
	Premenopausal - Ovulatory	11-59		
	Postmenopausal	12-100		
	Oral Progesterone (100-300 mg)	30-300		
	Topical, Troche, Vaginal Pg (10-30 mg)	200-3000		
	Synthetic Progestins (HRT, Contraceptive)	10-53		
Testosterone (T) pg/mL	Age Dependent	16-55	Age Dependent (5-50 mg topical 12-24 hr)	44-148 115-3700
DHEA-S (DS) ng/mL	Age Dependent	2-23	Age Dependent	2-23
Cortisol (C) ng/mL	Morning	3.7-9.5	Morning	3.7-9.5
	Noon	1.2-3.0	Noon	1.2-3.0
	Evening	0.6-1.9	Evening	0.6-1.9
	Night	0.4-1.0	Night	0.4-1.0