

Dried Blood Spot Reference Ranges

Disclaimer: Reference ranges are observed ranges based on collected laboratory data. For more information, please contact ZRT Laboratory.

Blood Spot Test	Reference Ranges for WOMEN	Reference Ranges for MEN
Estradiol (E2) pg/mL	Premenopausal Luteal/Postmenopausal ERT	43-180
	Premenopausal Early Follicular	18-58
	Postmenopausal	<10-49
Progesterone (Pg) ng/mL	Premenopausal Luteal/Postmenopausal PgRT	3.3-22.5
	Postmenopausal	<0.1-0.8
Testosterone (T) ng/dL	Premenopausal Luteal/Postmenopausal TRT	20-130
	Postmenopausal	10-45
DHEA-S (DS) µg/dL		40-290
Cortisol (C) µg/dL	Morning	8.5-19.8
	Evening/Night	3.3-8.5
Sex Hormone Binding Globulin (SHBG) nmol/L		15-120
25-OH Vitamin D2 ng/mL	(unless supplementing)	<4
25-OH Vitamin D3 ng/mL		20-80
25-OH Vitamin D, Total ng/mL		20-80
Thyroglobulin ng/mL		3-40
		Optimum 3-10
Thyroxine (T4), total µg/dL		5-10.8
Free Thyroxine (fT4) ng/dL		0.7-2.5
Free Triiodothyronine (fT3) pg/mL		2.4-4.2
Thyroid Stimulating Hormone (TSH) µU/mL		0.5-3.0
Thyroid Peroxidase (TPO) Antibodies IU/mL		0-150
		Borderline 70-150
Cholesterol (CH), total mg/dL		<200
LDL Cholesterol (LDL) mg/dL		<130
		Optimum <100
HDL Cholesterol (HDL) mg/dL		≥40
VLDL Cholesterol (VLDL) mg/dL		<30
Triglycerides (TG) mg/dL		<150
Hemoglobin A1c (HbA1c) %		<6
		Optimum 3.5-5.5
Insulin (Ins), fasting µIU/mL		1-15
		Optimum 2-6
High-Sensitivity C-Reactive Protein (hsCRP) mg/L		<3
Luteinizing Hormone (LH) U/L	Premenopausal-luteal	0.5-12.8
	Premenopausal-follicular	1.6-9.3
	Postmenopausal	15.0-64.0
Follicle-Stimulating Hormone (FSH) U/L	Premenopausal-luteal	0.6-8.0
	Premenopausal-follicular	2.4-9.3
	Postmenopausal	31-134
Prostate-Specific Antigen (PSA) ng/mL		n/a
		<0.5-4
		Optimum 0.5-2.0
IGF-1 (Somatomedin C) ng/mL		100-300