Understanding Your Test Results

Your test results are a comprehensive review of your tested levels in correlation with reported symptoms, hormone usage (if applicable) and menstrual history in women. Each test result is individually reviewed to produce a complete report with descriptive comments added by licensed physicians on staff. We recommend that your test report be discussed with your health care provider. Your report consists of four detailed pages:

Page One:
- List of tests performed and results classified as Low (L), High (H), or Ok
- Current Therapies, Testosterone vs. age Graph, DHEA-S Graph, and Cortisol graph (if applicable).

Page Two:
- ZRT Laboratory Reference Ranges for the tests included in the report. Reference ranges are observed ranges based on collected laboratory data. Supplement type and dosage, where shown, are for health care provider information and are not recommendations for treatment.

Page Three:
- Bar graph of patient-reported symptoms grouped according to associated category of imbalance (not applicable if symptoms are not reported).

Page Four:
- Individualized comments which correlate lab results, symptoms and hormone usage (if applicable).

TEST RESULTS - PAGE ONE

<table>
<thead>
<tr>
<th>Test Name</th>
<th>04/09/2011</th>
<th>Current</th>
<th>Units</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estradiol (saliva)</td>
<td>&lt;0.5 (1)</td>
<td>L</td>
<td>1.5 (2)</td>
<td>pg/mL</td>
</tr>
<tr>
<td>Progesterone (saliva)</td>
<td>10 (1)</td>
<td>L</td>
<td>100 (2)</td>
<td>pg/mL</td>
</tr>
<tr>
<td>Ratio P2E2 (saliva)</td>
<td>25</td>
<td>L</td>
<td>67</td>
<td>pg/mL</td>
</tr>
<tr>
<td>Testosterone (saliva)</td>
<td>5</td>
<td>L</td>
<td>35</td>
<td>pg/mL</td>
</tr>
<tr>
<td>DHEAS (saliva)</td>
<td>2.2</td>
<td>L</td>
<td>8.2</td>
<td>ng/mL</td>
</tr>
<tr>
<td>Cortisol (saliva)</td>
<td>3.5</td>
<td>L</td>
<td>1.2</td>
<td>ng/mL</td>
</tr>
<tr>
<td>Cortisol (saliva)</td>
<td>0.3 (1)</td>
<td>L</td>
<td>1.4 (2)</td>
<td>ng/mL</td>
</tr>
<tr>
<td>Free T4 (blood spot)</td>
<td>0.9</td>
<td>L</td>
<td>1.2</td>
<td>ng/mL</td>
</tr>
<tr>
<td>Free T3 (blood spot)</td>
<td>2.2</td>
<td>L</td>
<td>2.5</td>
<td>pg/mL</td>
</tr>
<tr>
<td>TSH (blood spot)</td>
<td>6</td>
<td>H</td>
<td>1.3</td>
<td>μU/mL</td>
</tr>
<tr>
<td>TPO (blood spot)*</td>
<td>350</td>
<td>H</td>
<td>100</td>
<td>IU/mL</td>
</tr>
</tbody>
</table>

Therapies
- 07/04/2012: 15mg oral DHEA (compounded) (1 Days Last used); 250mg oral Progesterone (compounded) (1 Days Last used); 0.1mg oral Synthroid (T4) (Pharmaceutical) (1 Days Last used); 0.25mg topical Testosterone (compounded) (1 Days Last used); 0.05mg transdermal (Patch) Vivelle (estradiol) (Pharmaceutical) (1 Days Last used)
- 04/09/2011: None

Hormones/markers tested

Tested levels - L indicates low, H indicates high

Ranges - normal/expected range of each hormone/marker

Patient provided supplementation information (hormone, dose, delivery, timing)

Graph of levels by age or time as a visual aid to above results and interpretation

TEST RESULTS - PAGE TWO (not pictured) ZRT Laboratory Reference Ranges

Reference ranges are observed ranges based on collected laboratory data. Supplement type and dosage, where included, are for health care provider information and are not recommendations for treatment.
### TEST RESULTS - PAGE THREE

**Category refers to the most common symptoms experienced when specific hormone types (e.g., estrogens, androgens, cortisol) are out of balance, i.e., either high or low.**

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

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**Category**
- Estrogen Dominance / Progesterone Deficiency
- Low Androgens (DHEA/Testosterone)
- High Androgens (DHEA/Testosterone)
- TPO (blood spot)
- TSH (blood spot)
- Free T3 (blood spot)
- Cortisol (saliva)
- Cortisol (saliva)
- Cortisol (saliva)
- Cortisol (saliva)
- DHEAS (saliva)
- Testosterone (saliva)
- Ratio: Pg/E2 (saliva)

### TEST RESULTS - PAGE FOUR (not pictured)

The Comments page is a thorough explanation which provides a better understanding of tested levels in relation to intensity of self-reported symptoms (mild, moderate, severe), menstrual history in women, and supplementation at the time of testing. The self-reported symptoms do not influence lab results, but are included in the individualized comments as they relate back to lab results.

In the event that cortisol levels (high or low) differ on the bar graph of your test report than on page one, this is indicative of the weighted value of self-reported symptoms.

Please refer to our web site www.zrtlab.com for a glossary of terms. The FAQs on our website answer a range of questions pertaining to issues, sample collection, testing, and other important topics of interest.

We recommend following physician guidance to correct and monitor imbalances identified through testing. Many different medical disciplines are familiar with Saliva, Dried Blood Spot, and Dried Urine testing and may use a variety of therapies to restore normal levels. Working with a health care provider with training and experience is often necessary in restoring optimal levels.