

Understanding ZRT's Test Report



ZRT's test reports are the most comprehensive results available anywhere.

Our reports combine patients' test levels with self-reported symptoms that are then interpreted in a set of individualized comments — all giving health care providers unparalleled insight into patient conditions. Key features of the ZRT report include:

► Results

| TEST NAME | RESULTS 07/24/18 | 04/09/18 |
|--------------------------|--------------------|-------------------|
| Salivary Steroids | | |
| Estradiol | 2.2 | 4.7 |
| Progesterone | 73 ⁽¹⁾ | 22 ⁽²⁾ |
| Ratio: Pg/E2 | 33 L | 5 L |
| Testosterone | 35 | 15 L |
| DHEAS | 5.0 | 2.3 |
| Cortisol | 9.0 | 8.1 |
| Cortisol | 1.5 | 1.9 |
| Cortisol | 0.7 | 0.5 L |
| Cortisol | 0.4 | 0.4 |

- Results for each test are shown on a color-coded slider.
 - **Red:** Outside the Range
 - **Yellow:** High/Low Normal
 - **Green:** Within Range
- ZRT is one of the few labs able to show historical test results, if available. These results are displayed directly next to the current results, so it's easy to see changes over time.

► Ranges

| RANGE |
|--|
| 0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3) |
| ⁽¹⁾ 30-300 pg/mL Oral Progesterone (100-300 mg) |
| ⁽²⁾ 12-100 pg/mL Postmenopausal |
| Optimal: 100-500 when E2 1.3-3.3 pg/mL |
| 16-55 pg/mL (Age Dependent) |
| 2-23 ng/mL (Age Dependent) |
| 3.7-9.5 ng/mL (morning) |
| 1.2-3.0 ng/mL (noon) |
| 0.6-1.9 ng/mL (evening) |

- ZRT reports the normal / expected range of each marker tested. **Note:** If applicable, optimal ranges are provided.
- Reference ranges are observed ranges based on collected laboratory data. Unlike other labs, patients do not need to stop hormone supplementation to use ZRT's testing because we have ranges adjusted for age, menstrual status and supplementation types. This is the ideal method for tracking the effectiveness of hormone treatments.
- Providers can opt to show all reference ranges for the tests included on a separate page of the report.

► Therapies

| Therapies |
|---|
| 07/24/2018: 0.5mg topical Biestrogen (1:1 50/50 E3 + E2) (compounded) (23 H 0.5mg topical Testosterone (compounded) (22 Hours Last Used) 10mg topical D (Pharmaceutical) (1 Days Last Used) 5000IU oral Vitamin D (unknown type) (OT) |
| 04/09/2018: 1mg oral Estradiol (compounded) (23 Hours Last Used) |

- ZRT reports display patient-provided supplementation information (hormone, dose, delivery, timing).

