

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	
Thyroid Tests:				
Free Thyroxine (fT4) ng/dL		0.8-1.6		0.8-1.6
Free Triiodothyronine (fT3) pg/mL		1.9-4.4		1.9-4.4
Thyroglobulin (Tg _{bn}) ng/mL		5-51		4-34
Thyroid Peroxidase Antibodies (TPOab) IU/mL		0-150		0-150
	Borderline	70-150	Borderline	70-150
Thyroid Stimulating Hormone (TSH) μU/mL		0.5-3.0		0.5-3.0
Thyroxine (T4), total μg/dL		5-10.6		5-10.6
Cardiometabolic Tests:				
Cholesterol (CH), total mg/dL		132-239		132-239
HDL Cholesterol (HDL) mg/dL		40-60		40-60
LDL Cholesterol (LDL) mg/dL	Optimum	<160	Optimum	<160
		100-159		100-159
VLDL Cholesterol (VLDL) mg/dL		<30		<30
Triglycerides (TG) mg/dL		<150		<150
Hemoglobin A1c (HbA1c) %		4-6		4-6
Insulin (Ins), fasting μIU/mL		1-15		1-15
	Optimum	2-6	Optimum	2-6
High-Sensitivity C-Reactive Protein (hsCRP) mg/L		<3		<3
Reproductive Tests:				
Anti-Müllerian Hormone (AMH) ng/mL	18–25 yrs 26–30 yrs 31–35 yrs 36–40 yrs 41–50 yrs	2.59–8.38 1.70–6.00 0.81–5.42 0.24–2.78 0.06–1.60	N/A	
Luteinizing Hormone (LH) mIU/mL	Premenopausal - follicular Premenopausal - luteal Postmenopausal	2.4-12.6 1-11.4 7.7-58.5	Adult 1.7-8.6	
Follicle-Stimulating Hormone (FSH) U/L	Premenopausal - follicular Premenopausal - luteal Postmenopausal	3.5-12.5 1.7-7.7 25.8-134.8	Adult 1.5-12.4	
Miscellaneous Tests:				
Sex Hormone Binding Globulin (SHBG) nmol/L		25-104	18-44	
Prostate-Specific Antigen (PSA) ng/mL		N/A	<0.5-4 Borderline 2.5-4	
25-OH Vitamin D2 ng/mL	(Unless supplementing)	<4	(Unless supplementing)	
25-OH Vitamin D3 ng/mL		20-80	20-80	
25-OH Vitamin D, Total ng/mL		20-80	20-80	