

# Panel Transition Guide

Use this guide to match your previous panels with their updated equivalents. For the complete menu of new panels, refer to the **Overview of Kits** or visit [zrtlab.com/testing-upgrade](https://zrtlab.com/testing-upgrade) to learn more.

| Old Profile                          | Analytes                                                                                                                                                          | ✦ New Panels                                                                                              | Analytes                                                                                                                                                        |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saliva + Blood Spot                  |                                                                                                                                                                   |                                                                                                           |                                                                                                                                                                 |
| Comprehensive Female Profile I       | Saliva: E2, Pg, T, DS, C(x4)<br>Blood Spot: TSH, FT3, FT4, TPOab                                                                                                  | Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids                                        | E2, E3, E1, Pg, T, DS, C(x4), TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                                   |
| Comprehensive Female Profile II      | Saliva: C(x4) + Blood Spot: E2, E3, E1, Pg, T, SHBG, DS, TSH, FT3, FT4, TPOab                                                                                     | Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and Thyroids                               | C(x4), E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                          |
| Comprehensive Male Profile I         | Saliva: E2, T, DS, Cx4 + Blood Spot: PSA, TSH, FT3, FT4, TPOab                                                                                                    | Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids                                        | E2, E3, E1, Pg, T, DS, C(x4), TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                                   |
| Comprehensive Male Profile II        | Saliva: Cx4 + Blood Spot: E2, E1, Pg, T, SHBG, PSA, DS, TSH, FT3, FT4, TPOab                                                                                      | Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and Thyroids                               | C(x4), E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                          |
| Weight Management                    | Saliva: E2, Pg, T, DS, C(x4) + Blood Spot: TSH, FT3, FT4, TPOab, D2, D3, D Total (Calculated), In, HbA1c                                                          | Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids, Cardiometabolic, and LCMS Vitamin D | E2, E3, E1, Pg, T, DS, C(x4), TSH, FT3, FT4, TT4, Tgbn, TPOab, HbA1c, TG, CH, HDL, LDL (Calculated), VLDL (Calculated), In, hsCRP, D2, D3, D Total (Calculated) |
| Weight Management + Thyroid          | Saliva: E2, Pg, T, DS, Cx4 + Blood Spot: TSH, D2, D3, In, HbA1c, FT3, FT4, TPOab                                                                                  | Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids, Cardiometabolic, and LCMS Vitamin D | E2, E3, E1, Pg, T, DS, C(x4), TSH, FT3, FT4, TT4, Tgbn, TPOab, HbA1c, TG, CH, HDL, LDL (Calculated), VLDL (Calculated), In, hsCRP, D2, D3, D Total (Calculated) |
| Weight Management + Cardio           | Saliva: E2, Pg, T, DS, C(x4) + Blood Spot: TSH, D2, D3, D Total (Calculated), In, HbA1c, HDL, TG, CH, LDL (Calculated), VLDL (Calculated), hsCRP                  | Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids, Cardiometabolic, and LCMS Vitamin D | E2, E3, E1, Pg, T, DS, C(x4), TSH, FT3, FT4, TT4, Tgbn, TPOab, HbA1c, TG, CH, HDL, LDL (Calculated), VLDL (Calculated), In, hsCRP, D2, D3, D Total (Calculated) |
| Weight Management + Thyroid + Cardio | Saliva: E2, Pg, T, DS, C(x4) + Blood Spot: TSH, FT3, FT4, TPOab, D2, D3, D Total (Calculated), In, HbA1c, HDL, TG, CH, LDL (Calculated), VLDL (Calculated), hsCRP | Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids, Cardiometabolic, and LCMS Vitamin D | E2, E3, E1, Pg, T, DS, C(x4), TSH, FT3, FT4, TT4, Tgbn, TPOab, HbA1c, TG, CH, HDL, LDL (Calculated), VLDL (Calculated), In, hsCRP, D2, D3, D Total (Calculated) |
| Saliva                               |                                                                                                                                                                   |                                                                                                           |                                                                                                                                                                 |
| Saliva Profile I                     | E2, Pg, T, DS, C                                                                                                                                                  | Saliva LCMS Hormones 5                                                                                    | E2, Pg, T, DS, C                                                                                                                                                |
| Saliva Profile II                    | E2, Pg, T, DS, C(x2)                                                                                                                                              | Saliva LCMS Hormones 5 with 4-Point Cortisol                                                              | E2, Pg, T, DS, C(x4)                                                                                                                                            |
| Saliva Profile III                   | E2, Pg, T, DS, C(x4)                                                                                                                                              | Saliva LCMS Hormones 5 with 4-Point Cortisol                                                              | E2, Pg, T, DS, C(x4)                                                                                                                                            |
| Adrenal Stress Profile               | DHEAs, C(x4)                                                                                                                                                      | Saliva Adrenal Stress                                                                                     | DHEAs, C(x4)                                                                                                                                                    |
| Cortisol Awakening Response          | DHEAs, C(x6)                                                                                                                                                      | Saliva Cortisol Awakening Response                                                                        | DHEAs, C(x6)                                                                                                                                                    |
| Hormone Trio - Saliva                | E2, Pg, T                                                                                                                                                         | Saliva LCMS Hormones 3                                                                                    | E2, Pg, T                                                                                                                                                       |

|                                                  |                                                                                                                   |                                                                        |                                                                                                                   |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| Diurnal Cortisol                                 | C(x4)                                                                                                             | Saliva 4-Point Cortisol                                                | C(x4)                                                                                                             |
| Saliva Steroid LC-MS Profile 7                   | E2, E3, E1, Pg, T, DS, C                                                                                          | Saliva LCMS Hormones 7                                                 | E2, E3, E1, Pg, T, DS, C                                                                                          |
| Saliva Steroid LCMS Profile 23                   | E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ | Saliva LCMS Hormones 23                                                | E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ |
| Saliva E2                                        | E2                                                                                                                | Saliva LCMS Hormones 3                                                 | E2, Pg, T                                                                                                         |
| Saliva Progesterone                              | Pg                                                                                                                | Saliva LCMS Hormones 3                                                 | E2, Pg, T                                                                                                         |
| Saliva Testosterone                              | T                                                                                                                 | Saliva LCMS Hormones 3                                                 | E2, Pg, T                                                                                                         |
| Saliva DHEAs                                     | DHEAs                                                                                                             | Saliva LCMS Hormones 5                                                 | E2, Pg, T, DS, C                                                                                                  |
| Saliva Cortisol                                  | C                                                                                                                 | Saliva Cortisol                                                        | C                                                                                                                 |
| Blood Spot + Dried Urine                         |                                                                                                                   |                                                                        |                                                                                                                   |
| Comprehensive Thyroid Profile                    | Blood Spot: TSH, FT3, FT4, TPOab, Tgbn, TT4 + Urine: I, Br, Se, Li, As, Cd, Hg, Crtn                              | Blood Spot Thyroids and Dried Urine ICPMS Toxic and Essential Elements | TSH, FT3, FT4, TT4, Tgbn, TPOab, I, Br, Se, Li, As, Cd, Hg, Crtn                                                  |
| Comprehensive Toxic & Essential Elements Profile | Blood Spot: Zn, Cu, Mg, Se, Cd, Hg + Urine: I, Br, Se, Li, As, Cd, Hg, Crtn                                       | Blood Spot and Dried Urine ICPMS Toxic and Essential Elements          | Zn, Cu, Mg, Se, Cd, Hg, I, Br, Se, Li, As, Cd, Hg, Crtn                                                           |
| Blood Spot                                       |                                                                                                                   |                                                                        |                                                                                                                   |
| CardioMetabolic Profile                          | HbA1c, TG, CH, HDL, LDL (Calculated), VLDL (Calculated), In, hsCRP                                                | Blood Spot CardioMetabolic                                             | HbA1c, TG, CH, HDL, LDL (Calculated), VLDL (Calculated), In, hsCRP                                                |
| Elite Thyroid Profile                            | TSH, FT3, FT4, TPOab, Tgbn, TT4                                                                                   | Blood Spot Thyroids                                                    | TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                   |
| Essential Thyroid Profile                        | TSH, FT3, FT4, TPOab                                                                                              | Blood Spot Thyroids                                                    | TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                   |
| Female Blood Profile I                           | E2, E3, E1, Pg, T, DS, C, SHBG                                                                                    | Blood Spot LCMS Hormones 7 with SHBG                                   | E2, E3, E1, Pg, T, DS, C, SHBG                                                                                    |
| Female Blood Profile II                          | E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TPOab                                                              | Blood Spot LCMS Hormones 7 with SHBG and Thyroid                       | E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TT4, Tgbn, TPOab                                                   |
| Male Blood Profile I                             | E2, E1, Pg, T, DS, C, SHBG, PSA                                                                                   | Blood Spot LCMS Hormones 7 with SHBG                                   | E2, E3, E1, Pg, T, DS, C, SHBG                                                                                    |
| Male Blood Profile II                            | E2, E1, Pg, T, DS, C, SHBG, PSA, TSH, FT3, FT4, TPOab                                                             | Blood Spot LCMS Hormones 7 with SHBG and Thyroid                       | E2, E3, E1, Pg, T, DS, C, SHBG, TSH, FT3, FT4, TT4, Tgbn, TPOab                                                   |
| Hormone Trio – Blood                             | E2, Pg, T                                                                                                         | Blood Spot LCMS Hormones 3 with SHBG                                   | E2, Pg, T, SHBG                                                                                                   |
| Blood Vitamin D2/D3                              | D2, D3, D Total (Calculated)                                                                                      | Blood Spot LCMS Vitamin D                                              | D2, D3, D Total (Calculated)                                                                                      |
| Toxic & Essential Elements – Blood Profile       | Zn, Cu, Mg, Se, Cd, Hg                                                                                            | Blood Spot ICPMS Toxic and Essential Elements                          | Zn, Cu, Mg, Se, Cd, Hg                                                                                            |
| Blood SHBG                                       | SHBG                                                                                                              | Blood Spot SHBG                                                        | SHBG                                                                                                              |
| Blood PSA                                        | PSA                                                                                                               | Blood Spot PSA                                                         | PSA                                                                                                               |
| Blood Thyroglobulin                              | Tgbn                                                                                                              | Blood Spot Thyroids                                                    | TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                   |

|                                                                            |                                                                                                                                                                                                                               |                                                                                     |                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Blood Total T4                                                             | TT4                                                                                                                                                                                                                           | Blood Spot Thyroids                                                                 | TSH, FT3, FT4, TT4, Tgbn, TPOab                                                                                                                                                                                                |
| Blood TSH                                                                  | TSH                                                                                                                                                                                                                           | Blood Spot TSH                                                                      | TSH                                                                                                                                                                                                                            |
| Blood LH                                                                   | LH                                                                                                                                                                                                                            | Blood Spot LH/FSH                                                                   | LH, FSH                                                                                                                                                                                                                        |
| Blood FSH                                                                  | FSH                                                                                                                                                                                                                           | Blood Spot LH/FSH                                                                   | LH, FSH                                                                                                                                                                                                                        |
| Blood Insulin                                                              | In                                                                                                                                                                                                                            | Blood Spot Insulin                                                                  | In                                                                                                                                                                                                                             |
| Blood hsCRP                                                                | hsCRP                                                                                                                                                                                                                         | Blood Spot hsCRP                                                                    | hsCRP                                                                                                                                                                                                                          |
| Blood HbA1c                                                                | HbA1c                                                                                                                                                                                                                         | Blood Spot HbA1c                                                                    | HbA1c                                                                                                                                                                                                                          |
| AMH                                                                        | AMH                                                                                                                                                                                                                           | Blood Spot AMH                                                                      | AMH                                                                                                                                                                                                                            |
| Dried Urine + Saliva Neurotransmitters                                     |                                                                                                                                                                                                                               |                                                                                     |                                                                                                                                                                                                                                |
| Neurotransmitters                                                          | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn                                                                          | Dried Urine LCMS Neurotransmitters                                                  | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn                                                                           |
| Neurotransmitters + Urine Diurnal Hormones I (UDH I)                       | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4)                                                     | Dried Urine LCMS Neurotransmitters and Diurnal Hormones I                           | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)                                            |
| Neurotransmitters + Urine Diurnal Hormones II (UDH II)                     | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)                                           | Dried Urine LCMS Neurotransmitters and Diurnal Hormones I                           | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)                                            |
| Neurotransmitters + Urine Diurnal Hormones III (UDH III)                   | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE(x5), NMN, Epi(x5), VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4)                                   | Dried Urine LCMS Neurotransmitters and Diurnal Hormones II                          | Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4)                           |
| Neurotransmitters + Saliva Steroids                                        | Saliva: E2, Pg, T, DS, C + Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn                                        | Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters                         | E2, E3, E1, Pg, T, DS, C, Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn                                                 |
| Neurotransmitters + Saliva Steroids + Urine Diurnal Hormones III (UDH III) | Saliva: E2, Pg, T, DS, C + Urine: Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE(x5), NMN, Epi(x5), VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), MT6s(x4) | Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters and Diurnal Hormones II | E2, E3, E1, Pg, T, DS, C, Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn(x5), FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4) |
| Dried Urine Metabolites                                                    |                                                                                                                                                                                                                               |                                                                                     |                                                                                                                                                                                                                                |
| Estrogen Essential Profile                                                 | E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn                                                                                                                   | Dried Urine GCMS Estrogen Hormone Metabolites                                       | E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn                                                                                                                    |
| Sex Steroid Metabolites                                                    | E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5a-DHT, 5a3a, Crtn | Dried Urine GCMS Hormone Metabolites                                                | E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5a-DHT, 5a3a, Crtn  |

|                                                              |                                                                                                                                                                                                                                                              |                                                                  |                                                                                                                                                                                                                                                              |
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| Sex Steroid Metabolites + Urine Diurnal Hormones II (UDH II) | E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5α-DHT, 5α3a, Crtn(x5), FC(x4), FCn(x4), MT6s(x4) | Dried Urine GCMS/LCMS Hormone Metabolites and Diurnal Hormones I | E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16αOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5α-DHT, 5α3a, Crtn(x5), FC(x4), FCn(x4), MT6s(x4) |
| Dried Urine Diurnal Hormones                                 |                                                                                                                                                                                                                                                              |                                                                  |                                                                                                                                                                                                                                                              |
| Urine Diurnal Hormones I (UDH I)                             | FC(x4), FCn(x4), Crtn(x4)                                                                                                                                                                                                                                    | Dried Urine LCMS Diurnal Hormones I                              | FC(x4), FCn(x4), MT6s(x4), Crtn(x4)                                                                                                                                                                                                                          |
| Urine Diurnal Hormones II (UDH II)                           | FC(x4), FCn(x4), MT6s(x4), Crtn(x4)                                                                                                                                                                                                                          | Dried Urine LCMS Diurnal Hormones I                              | FC(x4), FCn(x4), MT6s(x4), Crtn(x4)                                                                                                                                                                                                                          |
| Urine Diurnal Hormones III (UDH III)                         | FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4), Crtn(x4)                                                                                                                                                                                                         | Dried Urine LCMS Diurnal Hormones II                             | FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4), Crtn(x4)                                                                                                                                                                                                         |
| Dried Urine Toxic & Essential Elements                       |                                                                                                                                                                                                                                                              |                                                                  |                                                                                                                                                                                                                                                              |
| Iodine Panel                                                 | I, Crtn                                                                                                                                                                                                                                                      | Dried Urine ICPMS Iodine                                         | I, Crtn                                                                                                                                                                                                                                                      |
| Toxic & Essential Elements - Urine Profile                   | I, Br, Se, Li, As, Cd, Hg, Crtn                                                                                                                                                                                                                              | Dried Urine ICPMS Toxic and Essential Elements                   | I, Br, Se, Li, As, Cd, Hg, Crtn                                                                                                                                                                                                                              |
| Dried Urine Menstrual Cycle Mapping                          |                                                                                                                                                                                                                                                              |                                                                  |                                                                                                                                                                                                                                                              |
| Menstrual Cycle Mapping                                      | E1G(x15), PDG(x15), LH(x15), Crtn(x15)                                                                                                                                                                                                                       | Dried Urine Menstrual Cycle Mapping                              | E1G(x15), PDG(x15), LH(x15), Crtn(x15)                                                                                                                                                                                                                       |

Abbreviation Key

|            |                                                                                                                                           |                                                                                                                                                |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Assay Type | <b>ECLIA</b> Electrochemiluminescence Immunoassay<br><b>EIA</b> Enzyme Immunoassay<br><b>LCMS</b> Liquid Chromatography Mass Spectrometry | <b>GCMS</b> Gas Chromatography Mass Spectrometry<br><b>ICPMS</b> Inductively Coupled Plasma Mass Spectrometry<br><b>PHOT</b> Photometric Assay |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|

Saliva Tests

|                                              |                                                                  |
|----------------------------------------------|------------------------------------------------------------------|
| <b>11DC</b> 11-Deoxycortisol <b>LCMS</b>     | <b>DS/DHEAs</b> Dehydroepiandrosterone Sulfate <b>LCMS/ECLIA</b> |
| <b>17OHpg</b> 17-OH Progesterone <b>LCMS</b> | <b>E2</b> Estradiol <b>LCMS</b>                                  |
| <b>7Keto</b> 7-Keto DHEA <b>LCMS</b>         | <b>E3</b> Estriol <b>LCMS</b>                                    |
| <b>Adione</b> Androstenedione <b>LCMS</b>    | <b>E1</b> Estrone <b>LCMS</b>                                    |
| <b>Ald</b> Aldosterone <b>LCMS</b>           | <b>EE</b> Ethinyl Estradiol <b>LCMS</b>                          |
| <b>AlloP</b> Allopregnenolone <b>LCMS</b>    | <b>FIN</b> Finasteride <b>LCMS</b>                               |
| <b>ANZ</b> Anastrozole <b>LCMS</b>           | <b>LTZ</b> Letrozole <b>LCMS</b>                                 |
| <b>Ccn</b> Corticosterone <b>LCMS</b>        | <b>Mel</b> Melatonin <b>LCMS</b>                                 |
| <b>C</b> Cortisol <b>LCMS/ECLIA</b>          | <b>Pg</b> Progesterone <b>LCMS</b>                               |
| <b>Cn</b> Cortisone <b>LCMS</b>              | <b>PregS</b> Pregnenolone Sulfate <b>LCMS</b>                    |
| <b>D</b> Dehydroepiandrosterone <b>LCMS</b>  | <b>T</b> Testosterone <b>LCMS</b>                                |
| <b>DHT</b> Dihydrotestosterone <b>LCMS</b>   |                                                                  |

Blood Spot Tests

|                                            |                                                                  |
|--------------------------------------------|------------------------------------------------------------------|
| <b>C</b> Cortisol <b>LCMS/ECLIA</b>        | <b>DS/DHEAs</b> Dehydroepiandrosterone Sulfate <b>LCMS/ECLIA</b> |
| <b>Cd</b> Cadmium <b>ICPMS</b>             | <b>E1</b> Estrone <b>LCMS</b>                                    |
| <b>CH</b> Cholesterol <b>PHOT</b>          | <b>E2</b> Estradiol <b>LCMS</b>                                  |
| <b>Cu</b> Copper <b>ICPMS</b>              | <b>E3</b> Estriol <b>LCMS</b>                                    |
| <b>D2</b> Vitamin D, 25-OH, D2 <b>LCMS</b> | <b>FSH</b> Follicle Stimulation Hormone <b>ECLIA</b>             |
| <b>D3</b> Vitamin D, 25-OH, D3 <b>LCMS</b> | <b>FT3</b> Free Triiodothyronine <b>ECLIA</b>                    |

Continued

## Blood Spot Tests *Continued*

|                                                  |              |
|--------------------------------------------------|--------------|
| <b>FT4</b> Free Thyroxine                        | <b>ECLIA</b> |
| <b>HbA1c</b> Hemoglobin A1c                      | <b>PHOT</b>  |
| <b>HDL</b> High Density Lipoprotein              | <b>PHOT</b>  |
| <b>HG</b> Mercury                                | <b>ICPMS</b> |
| <b>hsCRP</b> High Sensitivity C Reactive Protein | <b>EIA</b>   |
| <b>In</b> Insulin                                | <b>EIA</b>   |
| <b>LH</b> Luteinizing Hormone                    | <b>ECLIA</b> |
| <b>Mg</b> Magnesium                              | <b>ICPMS</b> |
| <b>Pb</b> Lead                                   | <b>ICPMS</b> |
| <b>Pg</b> Progesterone                           | <b>LCMS</b>  |
| <b>PSA</b> Prostate Specific Antigen             | <b>ECLIA</b> |
| <b>Se</b> Selenium                               | <b>ICPMS</b> |
| <b>SHBG</b> Sex Hormone Binding Globulin         | <b>ECLIA</b> |
| <b>T</b> Testosterone                            | <b>LCMS</b>  |
| <b>TG</b> Triglycerides                          | <b>PHOT</b>  |
| <b>Tgbn</b> Thyroglobulin                        | <b>ECLIA</b> |
| <b>TPOab</b> Thyroid Peroxidase Antibodies       | <b>PHOT</b>  |
| <b>TSH</b> Thyroid Stimulating Hormone           | <b>ECLIA</b> |
| <b>TT4</b> Total Thyroxine                       | <b>ECLIA</b> |
| <b>Zn</b> Zinc                                   | <b>ICPMS</b> |

## Dried Urine Tests

|                                                    |              |
|----------------------------------------------------|--------------|
| <b>16aOH E1</b> 16 $\alpha$ -OH Estrone            | <b>GCMS</b>  |
| <b>20aHP</b> 20 $\alpha$ -Dihydroprogesterone      | <b>GCMS</b>  |
| <b>2-MeO E1</b> 2-MeO Estrone                      | <b>GCMS</b>  |
| <b>2-MeO E2</b> 2-MeO Estradiol                    | <b>GCMS</b>  |
| <b>2-OH E1</b> 2-OH Estrone                        | <b>GCMS</b>  |
| <b>2-OH E2</b> 2-OH Estradiol                      | <b>GCMS</b>  |
| <b>3aHP</b> 3 $\alpha$ -Dihydroprogesterone        | <b>GCMS</b>  |
| <b>3-OHKyn</b> 3-Hydroxykynurenine                 | <b>LCMS</b>  |
| <b>4-MeO E1</b> 4-MeO Estrone                      | <b>GCMS</b>  |
| <b>4-MeO E2</b> 4-MeO Estradiol                    | <b>GCMS</b>  |
| <b>4-OH E1</b> 4-OH Estrone                        | <b>GCMS</b>  |
| <b>4-OH E2</b> 4-OH Estradiol                      | <b>GCMS</b>  |
| <b>5a3a</b> 5 $\alpha$ ,3 $\alpha$ -Androstanediol | <b>GCMS</b>  |
| <b>5a-DHT</b> 5 $\alpha$ -Dihydrotestosterone      | <b>GCMS</b>  |
| <b>5HIAA</b> 5-Hydroxyindoleacetic Acid            | <b>LCMS</b>  |
| <b>5-HT</b> Serotonin                              | <b>LCMS</b>  |
| <b>Adione</b> Androstenedione                      | <b>GCMS</b>  |
| <b>AlloP</b> Allopregnanolone                      | <b>GCMS</b>  |
| <b>AlloPd</b> Allopregnanediol                     | <b>GCMS</b>  |
| <b>Andro</b> Androsterone                          | <b>GCMS</b>  |
| <b>As</b> Arsenic                                  | <b>ICPMS</b> |
| <b>BPA</b> Bisphenol A                             | <b>GCMS</b>  |
| <b>Br</b> Bromine                                  | <b>ICPMS</b> |
| <b>Ccn</b> Corticosterone                          | <b>GCMS</b>  |
| <b>Cd</b> Cadmium                                  | <b>ICPMS</b> |
| <b>Crtn</b> Creatinine                             | <b>PHOT</b>  |
| <b>D</b> Dehydroepiandrosterone                    | <b>GCMS</b>  |
| <b>DA</b> Dopamine                                 | <b>LCMS</b>  |
| <b>DOC</b> Deoxycorticosterone                     | <b>GCMS</b>  |
| <b>DOPAC</b> 3,4-Dihydroxyphenylacetic Acid        | <b>LCMS</b>  |
| <b>E1</b> Estrone                                  | <b>GCMS</b>  |
| <b>E1G</b> Estrone-3-Glucuronide                   | <b>EIA</b>   |
| <b>E2</b> Estradiol                                | <b>GCMS</b>  |
| <b>E3</b> Estriol                                  | <b>GCMS</b>  |
| <b>Epi</b> Epinephrine                             | <b>LCMS</b>  |
| <b>Epi-T</b> Epi-Testosterone                      | <b>GCMS</b>  |
| <b>Epi-T</b> Epinephrine                           | <b>LCMS</b>  |
| <b>Etio</b> Etiocholanolone                        | <b>GCMS</b>  |
| <b>FC</b> Free Cortisol                            | <b>LCMS</b>  |
| <b>FCn</b> Free Cortisone                          | <b>LCMS</b>  |
| <b>GABA</b> Gamma Aminobutyric acid                | <b>LCMS</b>  |
| <b>Gln</b> Glutamine                               | <b>LCMS</b>  |
| <b>Glu</b> Glutamate                               | <b>LCMS</b>  |
| <b>Gly</b> Glycine                                 | <b>LCMS</b>  |
| <b>Hg</b> Mercury                                  | <b>ICPMS</b> |
| <b>His</b> Histidine                               | <b>LCMS</b>  |
| <b>Hist</b> Histamine                              | <b>LCMS</b>  |
| <b>HVA</b> Homovanillic Acid                       | <b>LCMS</b>  |
| <b>I</b> Iodine                                    | <b>ICPMS</b> |
| <b>Kyn</b> Kynurenine                              | <b>LCMS</b>  |
| <b>KynAc</b> Kynurenic Acid                        | <b>LCMS</b>  |
| <b>LH</b> Luteinizing Hormone                      | <b>EIA</b>   |
| <b>Li</b> Lithium                                  | <b>ICPMS</b> |
| <b>MT6s</b> Melatonin                              | <b>LCMS</b>  |
| <b>NE</b> Norepinephrine                           | <b>LCMS</b>  |
| <b>NMeHist</b> N-Methylhistamine                   | <b>LCMS</b>  |
| <b>NMN</b> Normetanephrine                         | <b>LCMS</b>  |
| <b>PDG</b> Pregnanediol-3-Glucuronide              | <b>EIA</b>   |
| <b>PEA</b> Palmitoylethanolamide                   | <b>LCMS</b>  |
| <b>Pgdiol</b> Pregnanediol                         | <b>GCMS</b>  |
| <b>Se</b> Selenium                                 | <b>ICPMS</b> |
| <b>T</b> Testosterone                              | <b>GCMS</b>  |
| <b>Tau</b> Taurine                                 | <b>LCMS</b>  |
| <b>TC</b> Total Cortisol                           | <b>GCMS</b>  |
| <b>TCn</b> Total Cortisone                         | <b>GCMS</b>  |
| <b>Thc</b> Tetrahydrocortisol                      | <b>GCMS</b>  |
| <b>ThCn</b> Tetrahydrocortisone                    | <b>GCMS</b>  |
| <b>Trp</b> Tryptophan                              | <b>LCMS</b>  |
| <b>Tyr</b> Tyrosine                                | <b>LCMS</b>  |
| <b>Tyra</b> Tyramine                               | <b>LCMS</b>  |
| <b>VMA</b> Vanillylmandelic Acid                   | <b>LCMS</b>  |
| <b>Xanth</b> Xanthurenic Acid                      | <b>LCMS</b>  |