**HORMONE MARKERS WITH FUNCTIONAL OPTIMAL RANGES**

**Blood work tips for accurate readings:**

In order to get an accurate reading of your bloods, when going to get them done adhere to the following tips:

* + *Fast for 12 hours prior to collecting.*
  + *No biotin or B vitamins 72 hours prior to testing.*
  + *Ensure you properly hydrate the day before - salt in water, ample amount of water. You can drink water the morning of the test but in moderation.*

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| **MARKER** | DATE | DATE | **Optimal Range** –  US | **Optimal Range** – Canada, UK, AUS |
| **THYROID MARKERS** | | | | |
| TSH |  |  | 0.5 - 2.0 uIU/mL | 0.5 - 2.0 uIU/mL |
| Free T4 |  |  | 1.4 - 1.8 ng/dL | 18 - 23.16 pmol/L |
| Free T3 |  |  | 3.4 - 4.4 pg/mL | 5.22 - 6.75 pmol/L |
| Reverse T3 |  |  | <15 ng/dL | <193 pmol/L |
| TPO antibodies |  |  | Non-measurable | Non-measurable |
| TGO antibodies |  |  | Non-measurable | Non-measurable |
| **Estradiol**  *Try to run estrogen a couple days before ovulation to catch the peak.* |  |  | Day 3 E likely less than 80 pg/mL  Mid-cycle: 150 - 498 pg/mL | Day 3: 293 pmol/L  Mid-cycle: 550 - 1828 pg/mL |
| **Progesterone**  *You want to test progesterone when it*’*s highest, which is in your luteal phase 5-7 days after ovulation. Day 1 is the first day of proper menstrual flow (spotting does not count as day 1).* |  |  | Serum luteal: 15 - 33 ng/ml | Serum luteal: 47.7 - 105  nmol/L |
| **Testosterone**  *Can be tested any day but should be done in the morning as this is when it*’*s highest and it does peak around ovulation.* |  |  | Total: 75 - 130 pg/mL  Free: 1.1 - 2.2 pg/mL | Total: 2.6-4.51 nmol/L  Free: 0.04 - 0.08 nmol/L |