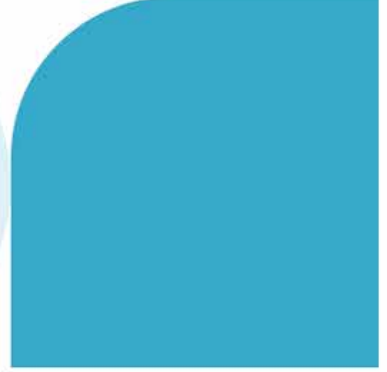
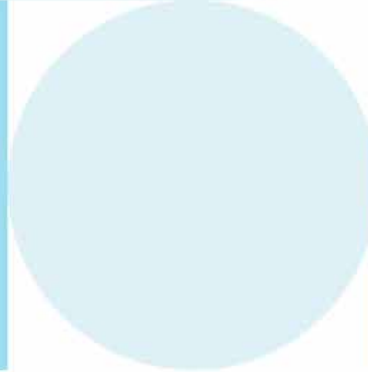
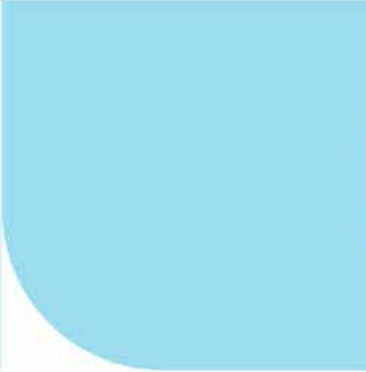
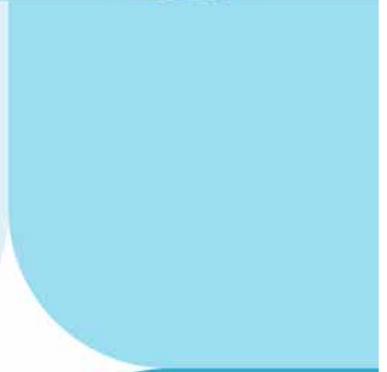
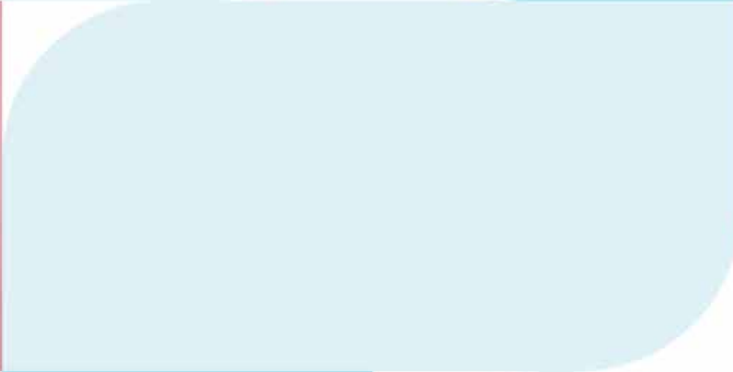




Test report



At-home test



Men's Hormone Test

Lab test


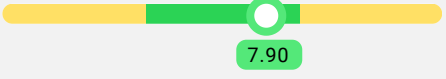



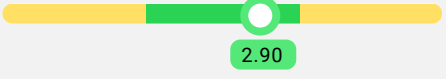




Saliva

Name: **Sample Report** Date of test: **09/01/2023** Analysis-ID: **DUMMY-21**

Your test results

Our lab has tested your saliva samples for the level of testosterone, cortisol, DHEA, progesterone and estradiol. Your results can be found below:

Men's Hormone Test


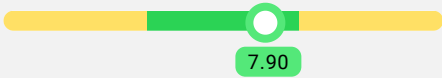
Name	Your value	Unit	Reference value*
Cortisol	 7.90 ng/ml	3 - 9 ng/ml	
DHEA	 929.70 pg/ml	150 - 620 pg/ml	
Estrogen	 2.90 pg/ml	1,5 - 3,3 pg/ml	
Progesterone	 57.00 pg/ml	23,8 - 58 pg/ml	
Testosterone	 148.34 pg/ml	47.2 - 136.2 pg/ml	
Ratio Progesterone/Estrogen	 19.69 mg/ml	30 - 50 mg/ml	

*The reference value is adapted to age and gender.

Introduction

When evaluating hormone levels in saliva, one should take into account the relationship between the various hormones. Cholesterol is required for the body to produce progesterone and DHEA via the metabolic stages such as progesterone.

Cortisol

Name	Your value	Unit	Reference value*
Cortisol	 7.90 ng/ml	3 - 9 ng/ml	


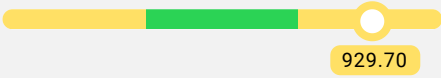
Cortisol is the most important stress hormone and is released during mental and/or physical stress. This is why the term "stress hormone" comes from. Cortisol is produced in the adrenal cortex, mainly during the second half of the night. It is then available in maximum concentration for daily activities between 7 and 8 am in the morning. During the day the cortisol level drops significantly and in the evening there should only be about 10% of the morning level left.

The effect of cortisol: inhibits the protein synthesis of lymphocytes (which are important cells in the immune system) and to inflammatory processes. In addition it is important for water balance, protein metabolism and electrolyte balance. It stabilizes blood sugar levels during periods of hunger (fasting) and suppresses immunological processes. Cortisol also affects emotional well-being.

Chronic stress and adrenal gland diseases can lead to low cortisol levels. This in turn can cause burnout, fatigue, lack of motivation, disturbed perception of pain, constipation or diarrhea as well as deterioration of muscle and joints or increased skin pigmentation.

Elevated cortisol can be caused by acute or chronic stress and long-term treatment with glucocorticoids (a group of steroid hormones produced in the adrenal cortex). Elevated levels can lead to increased susceptibility to infections, obesity / tendency to store fat, diabetes mellitus, muscular dystrophy, hairlessness, depression, stress headaches and osteoporosis.

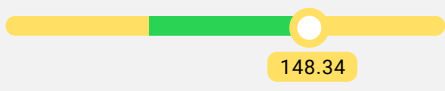
DHEA

Name	Your value	Unit	Reference value*
DHEA	 929.70 pg/ml	150 - 620 pg/ml	

DHEA (dehydroepiandrosterone) is mainly produced in the adrenal cortex. It counts as a pro-hormone as it is converted to testosterone and estrogen. DHEA has different regulatory mechanisms in our metabolism: it regulates body weight and increases libido. In addition, it positively affects our cardiovascular system, immune system and memory and helps to reduce stress levels. DHEA is an antagonist of cortisol. Chronic stress can lower DHEA.

DHEA should only be prescribed by a doctor. Please consult your doctor if you are below the recommended level.

Testosterone

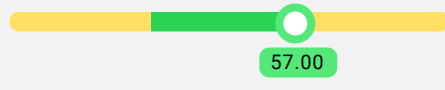
Name	Your value	Unit	Reference value*
Testosterone	148.34 pg/ml	47.2 - 136.2 pg/ml	

Testosterone is known as a male sex hormone and is needed for energy, focus, muscle strength and sex drive. Testosterone supports metabolic processes such as fat burning, blood sugar regulation, red blood cell production and muscle protein synthesis. It is also needed for the blood vessels, supports the brain, counteracts high blood pressure and strengthens the immune system.

Low testosterone levels can lead to decreased muscle strength and sex drive, anxiety, depression, decreased self-confidence and lack of energy.

Too high levels of testosterone can lead to aggression, increased hair/fair growth and acne during puberty.

Progesterone

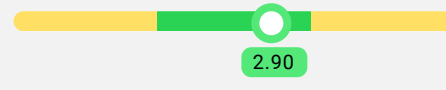
Name	Your value	Unit	Reference value*
Progesterone	57.00 pg/ml	23,8 - 58 pg/ml	

Progesterone is important for both women and men. Progesterone is needed for bone mass, collagen production, mood, sleep, fertility, breast and prostate health, memory and affects the water balance in the body. Progesterone can also act as an antioxidant in estrogen.

The level of progesterone in the body usually begins to decline in the mid-30s, which can lead to estrogen dominance in both men and women.

Too low levels of progesterone can also relate, among other things, cognition / memory, mood disorders, headaches / migraines, energy levels, sex drive, weight control, bone mass and thyroid function.

Estrogen

Name	Your value	Unit	Reference value*
Estrogen	2.90 pg/ml	1,5 - 3,3 pg/ml	

Estrogen is a group of hormones that includes estradiol, estrone and estrone.

Estradiol (E2)

Estradiol (E2) is known as the female fertility hormone, but is also important for men. It is needed for, among other things, cell division, blood vessels, sleep, skin and hair and helps to regulate body temperature.

Too high levels of estradiol can lead to, for example, fatigue, increased self-estrone, depression, headaches, decreased sex drive, osteoporosis, increased risk of stroke, decreased fat metabolism, blood clots and more.

Low levels of estradiol can lead to mood swings, skin changes and hair loss among other things.

Intake of extra hormones

Hormonal treatment should always be supervised by a doctor or other qualified healthcare practitioner.

Natural ways to increase testosterone

While strength training and high intensity interval training have been shown to increase the natural production of testosterone, endurance exercise appears to reduce testosterone. Sleep quality is another important factor for testosterone production. It has been seen in studies that the amount of testosterone is highest at night and especially during REM sleep (dream sleep) in both men and women and then decreases during the day.

Stress can also affect testosterone levels. During stress, more cortisol is produced, which can lower testosterone.

Vitamin D and the minerals calcium, magnesium, selenium, and zinc can also help raise testosterone.

Furthermore, the hormonal balance as a whole should be taken into account. If you have excessively high estrogen, it may be relevant to lower your estrogen in order to raise your testosterone.

Things to avoid at low testosterone levels

The following can adversely affect testosterone production alcohol, cocaine, sugar and refined carbohydrates, as well as obesity.

Lower estrogen

The following substances have been shown to help lower estrogen:

- Zinc
- Magnesium
- Selenium (10)
- Natural carbohydrates (11)
- Indole-3-carbinol (12)

Indole-3-carbinol is a substance found in cruciferous vegetables such as broccoli, cauliflower and kale. Indole-3-carbinol supports the detoxification of estrogens.

Increase progesterone

The following substances have been shown to help increase progesterone:

- Vitamin B6 (1)
- Agnus-castus
- Arginine
- Saw palmetto (2)
- Vitamin C (2)

Agnus-castus / monk's pepper is a herb and arginine is an amino acid.

Vitamin B6 is needed for progesterone to be produced in the body. Studies have shown that women with higher levels of vitamin B6 reduced their risk of miscarriage by 50% (1) (14).

Lowering progesterone

The following substances have been shown to help lower progesterone:

- Vitamin D (4)
- Dietary fiber (2)

This test does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

