

WOMEN'S MENOPAUSE & FERTILITY TEST

Understand Your Hormones at Every Stage – Fertility Through Menopause



Getting
Better
Together

Patient: [REDACTED]
DOB: [REDACTED]
Height: [REDACTED]
Weight: [REDACTED]

Practitioner: [REDACTED]
Lab#: [REDACTED]
Collection Date: [REDACTED]
Results Received: [REDACTED]

Sex Hormones



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Patient: 

Collection Date: N/R

Summary

This Menopause & Fertility Test has pre-menopausal ranges and looks at multiple systems in the body that, if imbalanced, can contribute to not feeling your best. The test first evaluates saliva-based hormone levels such as estrogen (E), progesterone (P), testosterone (T), and dehydroepiandrosterone (DHEA-S). These hormone levels measured in saliva show the amount of active hormone and are not comparable to bloodwork ranges.

The estradiol level is high. You may experience bloating, irritability, headaches, water retention, weight gain, breast tenderness, night sweats, hot flashes, acne, sleep disturbances or mood swings.

Elevated levels can be due to hormone replacement therapy, chronic constipation, slower detox pathways, high stress, exposure to plastics, pesticides and chemicals or hormones in food.

The progesterone level is lower than optimal and may result in breast tenderness, low mood or irritability, weight gain, irregular periods or sleep disturbances. This can be due to chronic stress, gut imbalances, nutrient deficiencies, hormonal contraceptives or having the ovaries removed.

The progesterone to estradiol ratio (Pg/E2) is low. You may experience hot flashes, night sweats, weight gain, irregular menstrual cycles, breast tenderness, brain fog, mood swings, headaches, fatigue, sleep disturbances, lower libido or low mood. This can put the body in a more estrogen dominant state. It can be caused by chronic stress, aging, hormonal contraceptives, xenoestrogens, toxins or hormone replacement therapy.

The level of testosterone is high and may be associated with irritability, acne, facial and body hair growth or hair thinning on the head. Elevated levels can be due to hormone replacement therapy, acute stress, or taking the test after a hard workout.

The level of DHEA is low. You may be experiencing fatigue, mood imbalances, vaginal dryness, weakened immunity, increased stress or lower libido. Lower levels may be due to aging or chronic stress and inflammation.

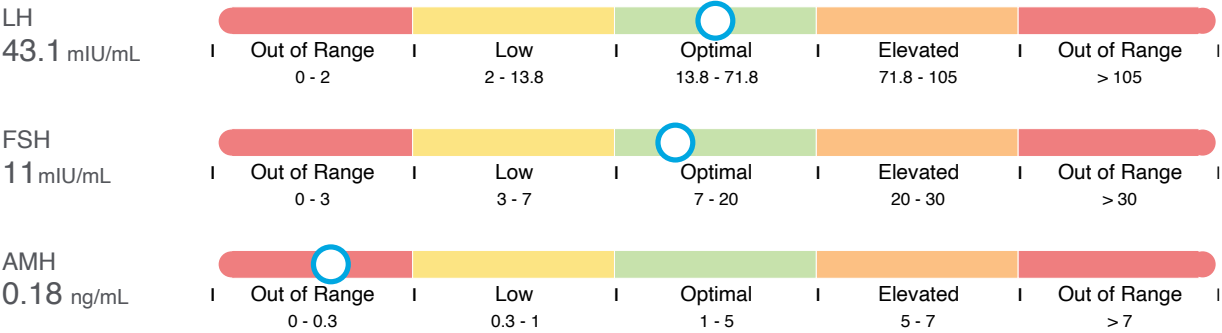
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Patient: XXXXXXXXXX

Collection Date: N/R

Reproductive & Menopause Markers



Summary

The level of LH is optimal and supports healthy ovulation and fertility.

The level of FSH is within the optimal range and indicates a balanced hormonal state. You may be experiencing a well-regulated menstrual cycle, stable mood and supported hormonal health.

The results show a very low AMH level which suggests significantly reduced ovarian reserve and diminished egg supply. This may reflect premature ovarian aging, perimenopause, or past impacts such as surgery, medical treatments, or long-term inflammation. Symptoms can include irregular or absent cycles, reduced fertility, hot flashes, vaginal dryness, fatigue, and mood changes. While AMH does not determine fertility alone, very low levels often point to difficulty with natural conception and may warrant fertility or hormonal support.

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Patient: XXXXXXXXXX

Collection Date: N/R

Cortisol



Summary

Cortisol is a steroid hormone produced by the adrenal glands due to the normal circadian rhythm as well as stressors. Ideally, cortisol is highest in the morning and lowest before bed as it helps to regulate the sleep/wake cycle. The decrease in cortisol before bed stimulates melatonin production. Cortisol is measured in the saliva to show the amount of available cortisol in the body and is not comparable to bloodwork results.

The level of morning cortisol is elevated. This may be associated with excellent energy and drive or feelings of overwhelm or irritability. This can be due to early morning workouts, coffee intake before food, imbalanced blood sugar levels or acute stressors such as an argument or busy morning.

The mid-day cortisol level is lower than optimal. You may experience lower energy at this time and it could be due to chronic stressors, poor sleep, a decline from morning caffeine or exercise or the need for supportive vitamins and nutrients.

The level of cortisol in the evening is lower than optimal. Low levels may coincide with lower energy, sugar cravings, imbalance hormones or feeling cold. This can be due to chronic stressors, nutrient deficiencies, gut-based imbalances or lower protein intake.

The nighttime level of cortisol is low and may be experienced as lower energy, brain fog, irritability or sugar or salt cravings. Lower levels can result from chronic stress, nutrient deficiencies or poor sleep.

The total cortisol output in the sample is optimal. If energy levels still feel imbalance during the day, please see the recommendations section for supportive recommendations.

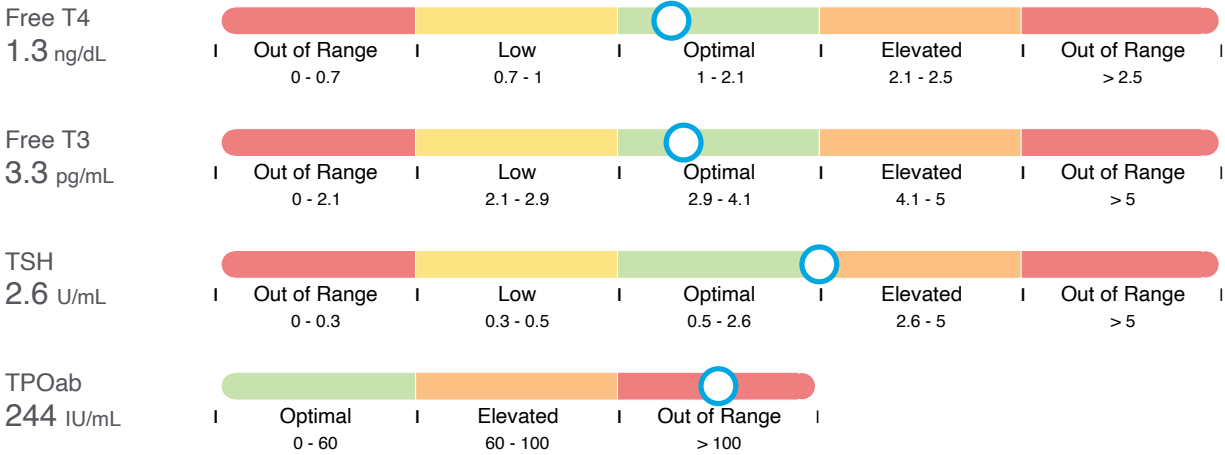
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Patient: XXXXXXXXXX

Collection Date: N/R

Thyroid



Summary

Free T4 (Thyroxine) and free T3 (Triiodothyronine) are thyroid hormones that circulate in the blood. Free T4 is inactive and is converted to the active form, free T3. Both are essential for maintaining healthy thyroid function. Thyroid Stimulating Hormone (TSH) is the pituitary hormone that acts as a messenger for the thyroid gland in conjunction with free T3 and free T4. This system helps regulate the body's metabolism, energy levels, body temperature, and other functions. The higher the level of TSH, the lower the optimal functioning of the thyroid.

The level of free T4 in the sample is optimal. However if you feel lower energy, dry skin, lower mood or hair loss, consider the level of free T3 as well as TSH below.

The level of free T3 in the sample is optimal.

The level of TSH is within an optimal range. If your TSH is optimal and you are concerned about symptoms such as fatigue, decreased stamina, low mood, pain, sleep disturbances, feeling cold, brittle nails, dry hair or hair loss, lower libido, decreased sweating, weight gain, or constipation, you may be experiencing a lower conversion of T4 to T3 or imbalanced sex hormones, cortisol levels or nutrient deficiencies could be contributing.

The level of TPO antibody is higher than optimal. This can be associated with an imbalanced immune system and is recommended to be discussed with your medical provider.

Next Steps & Recommendations

Daily Foundational Protocol Level 2

The Daily Foundational Protocol (Powder) – Level 2 is a quick and easy morning routine to nourish the body and mind. The Level 2 protocol contains everything included in Level 1 and adds Omega-3 Support capsules that provide essential fatty acids for brain, heart health and more. [View Product](#)

Summary