



Test report

Estrogen / Progesterone Test

Dummy Persson

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03/19/2021

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MAAF9DJU-OS



Name: Dummy Persson
Test: Estrogen / Progesterone
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OS

Your test results Estrogen and Progesterone

Our lab has tested the concentration of free estrogen and free progesterone in your saliva sample, and you can find your results below:

Hormone	Your value	Reference value
Estrogen	2.09 pg/ml	Follicular phase 3,1-6,4 pg/ml Ovulation phase 4,9-11,9 pg/ml Luteal phase 3,6-7,5 pg/ml Postmenopause 3,0-7,5 pg/ml Men 2,1-4,1 pg/ml
Progesterone	1556.83 pg/ml	Follicular phase 30,3 - 51,3 pg/ml Luteal phase 87,3 - 544,3 pg/ml Postmenopause 21,0 - 69,0 pg/ml Men lower than 58,0 pg / ml
Ratio progesterone / estrogen	744.89 pg/ml	Follicular phase 4-14 Luteal phase 10-131 Postmenopause 2-20 Men 2-24

About the reference values

In order to know if your value is within the reference values, you will first need to know when in the menstrual cycle the sample was taken (if you are a menstruating woman), as the values fluctuate during the month.

Follicular phase: This is from the first day after menstruation until ovulation

Ovulation phase: This is around 12-16 days before menstruation (with a normal menstrual cycle)

Luteal phase: This period is the time between ovulation and menstruation

Postmenopause: This is from the menopause and beyond

The current ratio between progesterone and estrogen: The progesterone/estradiol ratio measures whether you are estrogen dominant or progesterone dominant. If you are lower than the reference value, it indicates that you are too low on progesterone in relation to estrogen (estrogen dominant). If you are above the reference value, then your progesterone is too high in relation to estrogen (progesterone dominant).

On the following pages, you can read about how you can influence these values and find examples of products that you can use to balance your hormones.



Estrogen

Estrogen belongs to the group of steroid hormones and is primarily considered a female sex hormone, but it also plays an important role in many functions in men. In women, the hormone is important for breast development and menstruation, and in men, estrogen is important for libido and sperm production. Estrogen has a significant function for the immune system and memory in both men and women, and the hormone counteracts osteoporosis and can also protect against cardiovascular diseases. Like testosterone, estrogen also has fat-burning and muscle-building effects, which means menopausal women with low levels of estrogen are at a higher risk of losing bone mass and suffering from osteoporosis.

The function of estrogen

Estrogen is the female equivalent to testosterone and is produced in the ovaries. It has many important functions for the body, and in addition to its importance for bone mass in women, estrogen also increases the levels of HDL particles in the blood, which have a protective effect on blood vessels. Estrogen also increases the body's conversion of omega-3 fats from vegetable sources into the fatty acid DHA, which is important for brain function. It also stimulates growth, especially in the uterus and mammary glands, meaning the hormone can increase the rate of cell division in these tissues, which can therefore increase the risk of cancer. The longer you are exposed to estrogen (such as the early onset of menstruation and late menopause), the greater the risk of developing cancer. Estrogen also controls the typical fat distribution in women, creating more fat around the hips, breasts, and thighs. Being overweight has also been shown to increase the levels of estrogen in the body. One reason for that is that testosterone is converted to estrogen in the fatty tissue, so the more fat you have, the higher the estrogen content.

Estrogen deficiency

The amount of estrogen decreases in menopause, but it can also decrease as a result of stress, nutritional deficiencies, and hard training. Estrogen deficiency can affect the body in many ways, and the symptoms can be diffuse, with experiences ranging from mood swings and dry mucous membranes to weight gain.

Increase estrogen



Lower estrogen





Progesterone

Progesterone, also called corpus luteum hormone, is primarily a female sex hormone that affects fertility and ovulation. It is also a precursor to testosterone, estrogen, and cortisol and is important for the central nervous system. Changed values of progesterone cause major imbalances for other hormones, as well as affecting the central functions of consciousness, cognition, and mood. Progesterone levels fluctuate throughout the menstrual cycle and increase after ovulation.

The function of progesterone

Progesterone is a corpus luteum hormone and, just like estrogen, belongs to the steroid hormone group. Progesterone is formed from cholesterol in the ovaries and, to some extent, in the adrenal glands and the nervous system of the brain. It functions as a precursor to testosterone, estrogen, and cortisol and is mainly referred to as a female sex hormone with significance for the woman's fertility and embryogenesis (for the fertilized egg to stick in the uterine lining). It also has an important role in the central nervous system. Levels vary during the menstrual cycle and increase with ovulation and pregnancy. During pregnancy, progesterone is formed in the placenta, which causes progesterone levels to rise. The progesterone keeps the fetus alive and prevents ovulation.

Levels for a non-pregnant fertile woman typically peak a few days after ovulation and decline a few days before menstruation begins. Each month, an egg matures in an ovarian cyst and is then released into the fallopian tube, where it is transported to the uterus. The ovarian cyst that holds the egg is transformed into a corpus luteum and forms progesterone. The list of all the functions of progesterone includes:

- Balances estrogen
- Regulates the menstrual cycle
- Is an antidepressant and has calming properties
- Affects sex drive
- Is fluid repellent
- Is a precursor to testosterone, estrogen, and cortisol
- Prevents excessive production of cortisol
- Important during pregnancy to prevent miscarriage

Progesterone deficiency

Progesterone levels rise when you ovulate and fall at the end of your menstrual cycle, about a week before your period. Too much progesterone can make you tired and lethargic, while too little can lead to PMS and menopause. Women with PCOS (polycystic ovarian syndrome) and infertility problems usually have low production of progesterone and a higher production of testosterone. Too little progesterone can also cause bad skin and irregular periods as a result of missed ovulation or because the body cannot cope with a high enough production.

As you get older, your body skips ovulation in certain months, which means no progesterone is produced. You still get your period, but the more often you don't ovulate, the greater the lack of progesterone you produce. Progesterone is formed from cholesterol, meaning that natural fat is necessary in order to form progesterone and other hormones.

Ovulation is the only way that you can produce progesterone in healthy doses, but even if you do ovulate, progesterone production may still be substandard. A lack of progesterone increases the risk of infertility, spotting, and miscarriage, as well as an increased risk of blood clots, cancer, and functional hypothyroidism. In turn, hypothyroidism can cause weight gain, fatigue, hair loss, etc.



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Increase progesterone

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- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]
- [Redacted]

Lower progesterone

- [Redacted]
- [Redacted]

References

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