



Reproductive Hormone Lab Tests

Lab Test Details

If your client has been experiencing symptoms of reproductive hormone imbalance, as indicated by a score on male or female score card of 25% or higher, it might be helpful to get some extra testing done.

I usually recommend working to restore adrenals and thyroid first, as often the reproductive hormone imbalances resolve when adrenals and thyroid are addressed. Hormone testing can be done via blood, saliva, or urine.

This document provides detailed information about the tests and where to get them. Sample reports can be found on the labs' web sites.

Blood Testing:

Use www.DirectLabs.com or personal doctor. Protein bound is preferable; all hormones can be tested.

Hormones that can be tested (male and female):

- Progesterone
- Estrogen
- Testosterones
- DHEA-S

Additional blood tests for males:

- Creatinine +
- Monocytes +
- PSA

Without a doctor's order you can obtain via:

- [Life Extensions](http://www.LifeExtensions.com)



Saliva:

Measures active forms of hormones, including Testosterone, DHEA, Progesterone, Estradiol, Estrone, Estradiol, Dihydrotestosterone* and Androstenedione*, FSH** and LH**. Male and female panels. Female premenopausal panels test throughout the entire cycle. Post-menopausal panels test on one day only. Male panels are one day only.

What's tested in male panels:

- Male profile
- DHEA
- Androstenedione
- Testosterone
- Dihydrotestosterone
- Estrone
- Progesterone
- LH (expanded panel)
- FSH (expanded panel)

What's included in female panels, pre-menopausal:

- Female Hormone Panel - Saliva
- Estradiol x 11
- Progesterone x 11
- Testosterone average
- DHEA
- LH x5 (expanded panel)
- FSH x5 (expanded panel)

Female panels post-menopausal – single collection only:

- Estradiol
- Progesterone
- Testosterone
- DHEA
- LH (expanded panel)
- FSH (expanded panel)



Saliva tests are available through Diagnostechs, Genova Diagnostechs, and others with a doctor's order.

Without a doctor's order you can obtain via:

- [Dr Ritamarie's Website](#): This is a special page on Dr. Ritamarie's website for program participants to order a selection of lab tests. This is for your personal use only.
(**Practitioners**: Please do not send your clients here. Instead send them to one of the sites below. We are not set up to handle a large number of test orders.)
- [Direct Labs](#): Allows direct ordering by anyone in the US. Type hormone in the search box. They have Genova diagnostics and possibly others
- [Canary Club uses a lab called ZRT](#): Includes a number of salivary hormone profiles.
- [Accessa Labs](#): Has access to several of the labs

Urine – 24-Hour Comprehensive Steroid Panel:

Measures all hormones including active plus metabolites - DHEA, Estrone, Estradiol, Estriol, Pregnenediol, Testosterone, Etiocholanolone, Androsterone, Creatinine, Pregnanetriol 2-Hydroxyestrogens, 16 α -Hydroxyestrone, 2-Methoxyestrone, 2-Methoxyestradiol, 5 α -Androstenediol, 5 β -Androstenediol, 11 β -Hydroxyandrosterone, 11 β -Hydroxyetiocholanolone

Optionally also measures adrenal and thyroid, Growth hormone, melatonin and oxytocin

Details at <http://www.meridianvalleylab.com>, but ordering requires a practitioner.

You can order direct through the following:

- [Dr Ritamarie's Website](#): This is a special page on Dr. Ritamarie's website for program participants to order a selection of lab tests. This is for your personal use only.
(**Practitioners**: Please do not send your clients here. Instead send them to one of the sites below. We are not set up to handle a large number of test orders.)
- [Direct Labs](#): Can order the Genova diagnostics version of the test here.
- [Life Extensions](#): Can order a version of this test.