

Dried Blood Spot Reference Ranges

Disclaimer: Reference ranges are observed ranges based on collected laboratory data. For more information, please contact ZRT Laboratory.

| Blood Spot Test | Reference Ranges for WOMEN | Reference Ranges for MEN |
|---|---|---|
| Estradiol (E2) pg/mL | Premenopausal Luteal/Postmenopausal ERT 43-180 Postmenopausal <10-49 | 12-56 |
| Progesterone (Pg) ng/mL | Premenopausal Luteal/Postmenopausal PgRT 3.3-22.5 Postmenopausal <0.1-0.8 | <0.1-0.8 |
| Testosterone (T) ng/dL | Premenopausal Luteal/Postmenopausal TRT 20-130 Postmenopausal 10-45 | Age Dependent 400-1200 |
| DHEA-S (DS) µg/dL | 40-290 | 70-325 |
| Cortisol (C) µg/dL | Morning 8.5-19.8 Evening/Night 3.3-8.5 | Morning 8.5-19.8 Evening/Night 3.3-8.5 |
| Sex Hormone Binding Globulin (SHBG) nmol/L | 15-120 | 15-50 |
| 25-OH Vitamin D2 ng/mL | (unless supplementing) <4 | (unless supplementing) <4 |
| 25-OH Vitamin D3 ng/mL | 20-80 | 20-80 |
| 25-OH Vitamin D, Total ng/mL | 20-80 | 20-80 |
| Thyroglobulin ng/mL | 3-40 Optimum 3-10 | 3-40 Optimum 3-10 |
| Thyroxine (T4), total µg/dL | 5-10.8 | 5-10.8 |
| Free Thyroxine (fT4) ng/dL | 0.7-2.5 | 0.7-2.5 |
| Free Triiodothyronine (fT3) pg/mL | 2.4-4.2 | 2.4-4.2 |
| Thyroid Stimulating Hormone (TSH) µU/mL | 0.5-3.0 | 0.5-3.0 |
| Thyroid Peroxidase (TPO) Antibodies IU/mL | 0-150 Borderline 70-150 | 0-150 Borderline 70-150 |
| Cholesterol (CH), total mg/dL | <200 | <200 |
| LDL Cholesterol (LDL) mg/dL | <130 Optimum <100 | <130 Optimum <100 |
| HDL Cholesterol (HDL) mg/dL | ≥40 | ≥40 |
| VLDL Cholesterol (VLDL) mg/dL | <30 | <30 |
| Triglycerides (TG) mg/dL | <150 | <150 |
| Hemoglobin A1c (HbA1c) % | <6 Optimum 3.5-5.5 | <6 Optimum 3.5-5.5 |
| Insulin (Ins), fasting µIU/mL | 1-15 Optimum 2-6 | 1-15 Optimum 2-6 |
| High-Sensitivity C-Reactive Protein (hsCRP) mg/L | <3 | <3 |
| Luteinizing Hormone (LH) U/L | Premenopausal-luteal 0.5-12.8 Premenopausal-follicular 1.6-9.3 Postmenopausal 15.0-64.0 | Adult Male 1.0-8.4 |
| Follicle-Stimulating Hormone (FSH) U/L | Premenopausal-luteal 0.6-8.0 Premenopausal-follicular 2.4-9.3 Postmenopausal 31-134 | Adult Male 1.0-10.5 |
| Prostate-Specific Antigen (PSA) ng/mL | n/a | <0.5-4 Optimum 0.5-2.0 |
| IGF-1 (Somatomedin C) ng/mL | 100-300 | 100-300 |