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Max Muster
Musterstrasse
Musterort
Deutschland

Surname, First name Muster, Max

DOB 03-08-1970

Sex male

Lab number 1-5838

Report date 04-10-2021

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results, you will also receive a summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending, or changing any medication or therapy without consulting your doctor or practitioner.

Test: Oestrogen Dominance Test

Sample material: Saliva **Date collected:** 26-09-2021

Date received: 28-09-2021

Analyte	Result	Reference Range	Result
Sex Hormones			
Progesterone	30 pg/ml	5-58 pg/ml	
Oestradiol	1,30 pg/ml	0,4-3,3 pg/ml	
Hormone Ratios			
Pg/E2	19,8 :1	30-200 :1	

Progesterone

The progesterone level is within the normal range. Progesterone is a hormone, which is produced in men in the adrenal glands and testicles. It has a mood lifting effect, neutralizes the effect of oestrogens on the breast tissue, stimulates the bone and collagen growth and encourages the reduction of fat tissue during physical activity.

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Oestradiol

The oestradiol level is within normal range. oestradiol is a sex hormone which is produced in men in the adrenal glands and fat tissue. It ensures that we store fat and water, promotes collagen and bone formation, has a positive effect on blood circulation, controls the production of clotting factors and helps us sleep through the night.

Pg/E2

The progesterone/oestradiol ratio is too low. This means progesterone is decreased in relation to oestradiol. This is known as a so-called oestrogen dominance. An oestrogen dominance does not necessarily mean an excess of oestrogen or a lack of progesterone. It describes an imbalance between oestrogen and its counterpart progesterone. The body reacts as though too much oestrogen is present. This can even be the case with an oestrogen deficiency, as the relative ratio between the two is decisive. The progesterone/oestradiol ratio can also be helpful by indications for a relative oestrogen dominance, if the progesterone and oestrogen values are within the normal range. Comment on the calculation of the ratio: The quotient was calculated in the unit mole.

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