



Verisana LAB • Suite LP22190 • Lower Ground Floor •
145-157 St John Street • London • EC1V 4PW

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: Testosterone Saliva Test

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

Date received: 28-09-2021

Analyte	Result	Reference Range	Result
Sex Hormones			
Testosterone	1,6 pg/ml	30-92 pg/ml	
		14-19 years: 18-248 pg/ml 20-29 years: 41-143 pg/ml 30-39 years: 32-100 pg/ml 40-49 years: 30-98 pg/ml 50-59 years: 30-92 pg/ml 60+ years: 23-87 pg/ml Higher values under substitution	

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Testosterone

The age-appropriate testosterone level is decreased. Testosterone is produced from cholesterol via DHEA and androstenedione mainly in the testicles and adrenal glands, but also in the skin and fat cells. It promotes the release of fats from the adipose tissue. Testosterone can be converted to dihydrotestosterone (DHT) by the enzyme 5-alpha-reductase. DHT is the metabolically active form of testosterone: Through DHT men get their male characteristics, such as increased body hair, beard, deep voice, etc. If testosterone is not converted to DHT, it can be converted to oestradiol by the enzyme aromatase. Testosterone protects against accumulation of fat in the abdominal area. In men, a sufficient testosterone synthesis is crucial for performance, fat metabolism, spermatogenesis, and libido. Decreased testosterone values can, for example, be caused by inflammatory processes or blood circulation disorders.

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