Sample Report HOR20

Ordering Provider:
Regenerus Laboratories, Ltd

Samples Received	**Samples Collected**
10/19/2022	Blood Spot - 10/11/22 08:10
Report Date	
10/27/2022	

Patient Name: Sample Report HOR20
Patient Phone Number:

Gender	**Last Menses**		**Height**	**Waist**
Female	Unspecified		5 ft 3 in	35 in
DOB	**Menses Status**		**Weight**	**BMI**
8/17/1965 (57 yrs)	Hysterectomy (ovaries not removed)		165 lb	29.2

TEST NAME	RESULTS | 10/11/22	RANGE
Blood Spot CardioMetabolic Markers		
Insulin	10.4	1-15 µIU/mL (optimal 2-6)

*<dl = Less than the detectable limit of the lab. **N/A** = Not applicable; 1 or more values used in this calculation is less than the detectable limit. **H** = High. **L** = Low.*

Therapies

100mcg transdermal (Patch) Estradiol (Pharmaceutical) (1 Months Last Used)

CLIA Lic # 38D0960950
10/28/2022 2:18:31 AM

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava
David T. Zava, Ph.D.
Laboratory Director

A D McAllister ND
Alison McAllister, ND.
(Ordering Provider unless otherwise specified on page 1)

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Disclaimer: Supplement type and dosage are for informational purposes only and are not recommendations for treatment. For a complete listing of reference ranges, go to www.zrtlab.com/reference-ranges.

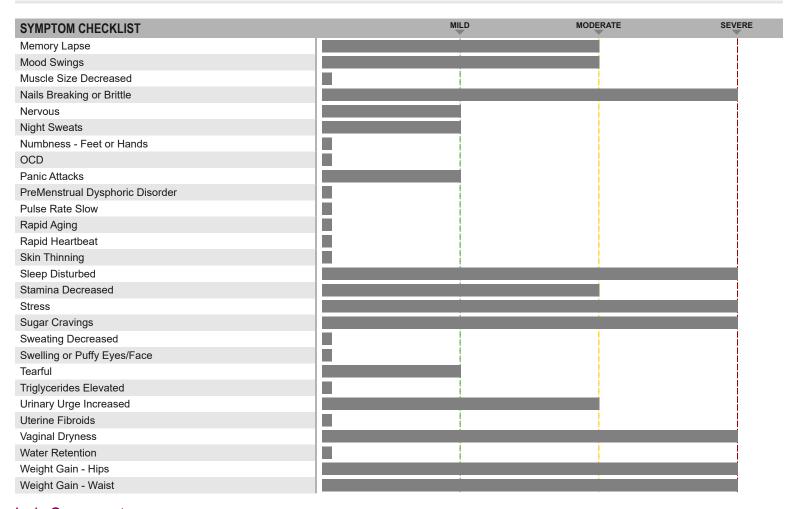| TEST NAME	WOMEN
Blood Spot CardioMetabolic Markers	
Insulin	1-15 µIU/mL (optimal 2-6)

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Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES — RESULTS | 10/11/22

Category	Result
Estrogen / Progesterone Deficiency	39%
Estrogen Dominance / Progesterone Deficiency	29%
Low Androgens (DHEA/Testosterone)	44%
High Androgens (DHEA/Testosterone)	19%
Low Cortisol	44%
High Cortisol	40%
Hypometabolism	36%
Metabolic Syndrome	29%

SYMPTOM CHECKLIST

Symptom	MILD	MODERATE	SEVERE
Aches and Pains			
Acne			
ADD/ADHD			
Addictive Behaviors			
Allergies			
Anxious			
Autism Spectrum Disorder			
Bleeding Changes			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Breast Cancer			
Breasts - Fibrocystic			
Breasts - Tender			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Developmental Delays			
Eating Disorders			
Fatigue - Evening			
Fatigue - Morning			
Fibromyalgia			
Foggy Thinking			
Goiter			
Hair - Dry or Brittle			
Hair - Increased Facial or Body			
Hair - Scalp Loss			
Headaches			
Hearing Loss			
Heart Palpitations			
Hoarseness			
Hot Flashes			
Incontinence			
Infertility			
Irritable			
Libido Decreased			
Mania			

SYMPTOM CHECKLIST

Symptom	MILD	MODERATE	SEVERE
Memory Lapse	▬▬▬▬▬▬▬	▬▬	
Mood Swings	▬▬▬▬▬▬▬	▬▬	
Muscle Size Decreased	▪		
Nails Breaking or Brittle	▬▬▬▬▬▬▬	▬▬▬▬	▬▬
Nervous	▬▬▬		
Night Sweats	▬▬▬		
Numbness - Feet or Hands	▪		
OCD	▪		
Panic Attacks	▬▬▬		
PreMenstrual Dysphoric Disorder	▪		
Pulse Rate Slow	▪		
Rapid Aging	▪		
Rapid Heartbeat	▪		
Skin Thinning	▪		
Sleep Disturbed	▬▬▬▬▬▬▬	▬▬▬▬	▬▬
Stamina Decreased	▬▬▬▬▬▬▬	▬▬	
Stress	▬▬▬▬▬▬▬	▬▬▬▬	▬▬
Sugar Cravings	▬▬▬▬▬▬▬	▬▬▬▬	▬▬
Sweating Decreased	▪		
Swelling or Puffy Eyes/Face	▪		
Tearful	▬▬▬		
Triglycerides Elevated	▪		
Urinary Urge Increased	▬▬▬▬▬▬▬	▬▬	
Uterine Fibroids	▪		
Vaginal Dryness	▬▬▬▬▬▬▬	▬▬▬▬	▬▬
Water Retention	▪		
Weight Gain - Hips	▬▬▬▬▬▬▬	▬▬▬▬	▬▬
Weight Gain - Waist	▬▬▬▬▬▬▬	▬▬▬▬	▬▬

Lab Comments

Fasting insulin is within normal range, but higher than the optimal range of 2-6, suggesting an evolving insulin resistance. Insulin resistance predisposes to significantly increased lifetime risk for developing more serious health conditions such as metabolic syndrome (high blood pressure, excessive weight gain in the waist, elevated blood lipids), diabetes, and cardiovascular disease. Stress reduction, exercise, proper diet (reducing consumption of excessive carbohydrates), and balancing hormones within normal physiological ranges are important for prevention of insulin resistance/metabolic syndrome and long term risks to health.

Professional Comments

Thank you for ordering your test through Regenerus Laboratories. WWW.REGENERUSLABS.COM

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