

Understanding ZRT's Test Report



ZRT's test reports are the most comprehensive results available anywhere.

Our reports combine patients' test levels with self-reported symptoms that are then interpreted in a set of individualized comments — all giving health care providers unparalleled insight into patient conditions. Key features of the ZRT report include:

► Results

TEST NAME	RESULTS 07/24/18	04/09/18
Salivary Steroids		
Estradiol	2.2	4.7
Progesterone	73 ⁽¹⁾	22 ⁽²⁾
Ratio: Pg/E2	33 L	5 L
Testosterone	35	15 L
DHEAS	5.0	2.3
Cortisol	9.0	8.1
Cortisol	1.5	1.9
Cortisol	0.7	0.5 L
Cortisol	0.4	0.4

- Results for each test are shown on a color-coded slider.
 - **Red:** Outside the Range
 - **Yellow:** High/Low Normal
 - **Green:** Within Range
- ZRT is one of the few labs able to show historical test results, if available. These results are displayed directly next to the current results, so it's easy to see changes over time.

► Ranges

RANGE
0.8-12 pg/mL Estrogen Rplcmnt (optimal 1.3-3.3)
⁽¹⁾ 30-300 pg/mL Oral Progesterone (100-300 mg)
⁽²⁾ 12-100 pg/mL Postmenopausal
Optimal: 100-500 when E2 1.3-3.3 pg/mL
16-55 pg/mL (Age Dependent)
2-23 ng/mL (Age Dependent)
3.7-9.5 ng/mL (morning)
1.2-3.0 ng/mL (noon)
0.6-1.9 ng/mL (evening)

- ZRT reports the normal / expected range of each marker tested. **Note:** If applicable, optimal ranges are provided.
- Reference ranges are observed ranges based on collected laboratory data. Unlike other labs, patients do not need to stop hormone supplementation to use ZRT's testing because we have ranges adjusted for age, menstrual status and supplementation types. This is the ideal method for tracking the effectiveness of hormone treatments.
- Providers can opt to show all reference ranges for the tests included on a separate page of the report.

► Therapies

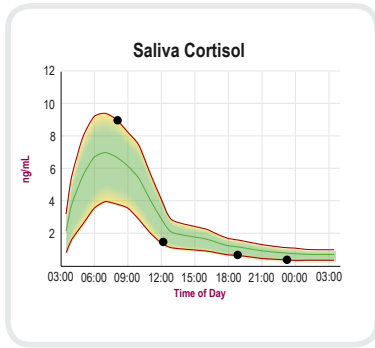
Therapies
07/24/2018: 0.5mg topical Biestrogen (1:1 50/50 E3 + E2) (compounded) (23 H 0.5mg topical Testosterone (compounded) (22 Hours Last Used) 10mg topical D (Pharmaceutical) (1 Days Last Used) 5000IU oral Vitamin D (unknown type) (OT)
04/09/2018: 1mg oral Estradiol (compounded) (23 Hours Last Used)

- ZRT reports display patient-provided supplementation information (hormone, dose, delivery, timing).



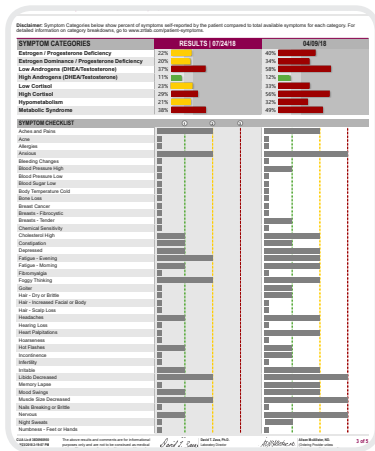
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▶ Graphs



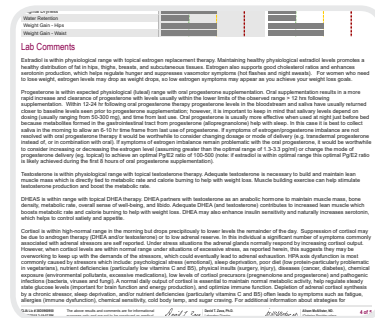
- ▶ Graphs show reported levels by age or time to assist interpretation.
- ▶ For hormones that vary by time of day like cortisol and melatonin, the graph shows the range as it changes over the course of a day and the test results are plotted on the graph according to the actual time of day the sample was collected. Ranges within the graphs are color-coded to show the degree of variation from the center of the normal range.
- ▶ For hormones that vary in level with age, reports include graphs based on our database of testers not using hormone supplementation, showing the variation in levels with age. The test result is marked on each graph to indicate where the result falls in relation to the observed range for the tester's actual age.

▶ Symptoms



- ▶ 68 symptoms self-reported by patient.
- ▶ Symptoms rated mild, moderate or severe.
- ▶ Patient symptoms are summarized into 8 hormone imbalance conditions and scored with red, yellow or green bars to indicate severity.
- ▶ Please refer to the Symptom Guide for details about symptom categories.

▶ Comments



- ▶ Individualized comments synthesize age, menstrual status, lab results, symptoms and current treatments.
- ▶ Relevant literature is cited within the comments.
- ▶ Self-reported symptoms do not influence lab results, but are included in the individualized comments as they relate back to lab results.
- ▶ ZRT providers can choose to include their professional comments in addition to, or in lieu of, the lab comments.



Test results are generally available 3-5 business days after samples are received at the lab.