

Total Body Reset

Normal vs OPTIMAL Lab Ranges

Hormone Test	Units	Conventional Reference Range (women)	Optimal Range (women)
Cortisol (serum)	ug/dL	7-28 morning, 2-18 afternoon	10-15 morning, 6-10 afternoon
Cortisol (blood spot, ZRT)	ug/dL	8.5-19.8 morning, 3.3-8.5 evening/night	same
Cortisol Morning (saliva)	ng/ml	3.7-9.5	same
Cortisol Noon (saliva)	ng/ml	1.2-3.0	same
Cortisol Evening (saliva)	ng/ml	0.6-1.9	same
Cortisol Night (saliva)	ng/ml	0.4-1.0	same
TSH	miU/L	0.5-4.5	0.5-1.5
Free T3 (blood)	pg/ml	2.5-3.9	> 3, but ideally upper end of normal
Free T4	ng/dl	0.6-1.3	> 1 but upper end of normal
Ferritin	ng/dl		70-90, esp. if you have hair loss
TPO	IU/ml	0-150	< 9. The closer to 0, the better
Vitamin D, 25-OH, D3	ng/ml	32-100	50-70, some say up to 90
Total Cholesterol		125-200	>150 but <200
Triglycerides	mg/dl	< 150	< 50
LDL	mg/dl	<130	< 90
HDL	mg/dl	> 46	same
Chol/HDL ratio		< 5.0	< 4.0
HsCRP (inflammation)		< 1.0	same
DHEAS (blood)	ug/dl	65-380	Upper range of normal, 200's-300's
Total Testosterone (saliva)	pg/ml	16-55	upper range of normal, 36-55
Free Testosterone (serum)	pg/ml	0.2-5.0	upper range of normal
Estradiol (saliva)	pg/ml	1.3-3.3 premenopausal. 0.5-1.3 postmenopausal	Day 21: 1.3-1.7
Estradiol (serum)	pg/ml	Premenopause: 15-350, Postmenopausal and not on hormones: < 32	Day 3: <80; Day 14: 150-350; For postmenopausal women need at least 50
Progesterone (saliva)	pg/ml	75-270 premenopausal	upper range of normal, but depends on sleep, bloating, symptoms and cycle
Progesterone (serum)	ng/ml	8-33 luteal phase (2nd half of cycle)	15-33 Luteal phase
Pg/E2 ratio (saliva)	pg/ml		Optimal: 100-500 when E2 1.3-3.3
Fasting Blood Sugar	mg/dl	60-99	70-86
HgA1C	%	4.0-6.4	< 5.6, pre diabetes is 5.7-6.4
Vitamin B12	pg/ml	180-914	Upper range of normal, 800's-900