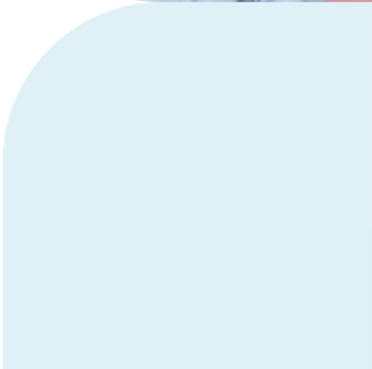
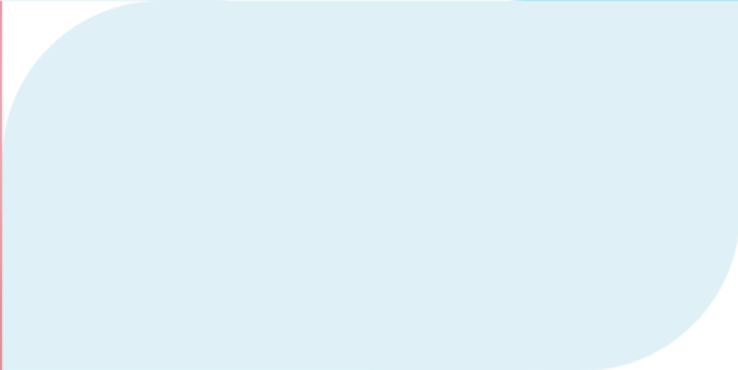




Test report



At-home test



Estrogen / Progesterone Test

Lab test

Saliva

Name: **Dummy Persson** Date of test: **03/19/2021** Analysis-ID: **MAAF9DJU-OS**

Your test results Estrogen and Progesterone

Our lab has tested the concentration of free estrogen and free progesterone in your saliva sample, and you can find your results below:

Hormone	Your value	Reference value
Estrogen	2.09 pg/ml	Follicular phase 3,1-6,4 pg/ml Ovulation phase 4,9-11,9 pg/ml Luteal phase 3,6-7,5 pg/ml Postmenopause 3,0-7,5 pg/ml Men 2,1-4,1 pg/ml
Progesterone	1556.83 pg/ml	Follicular phase 30,3 - 51,3 pg/ml Luteal phase 87,3 - 544,3 pg/ml Postmenopause 21,0 - 69,0 pg/ml Men lower than 58,0 pg / ml
Ratio progesterone / estrogen	744.89 pg/ml	Follicular phase 4-14 Luteal phase 10-131 Postmenopause 2-20 Men 2-24

About the reference values

In order to know if your values within the reference values you will see, you should know when in the menstrual cycle the sample was taken (Follicular phase, ovulation, luteal phase, postmenopause).

Follicular phase: This is from the beginning of the menstrual cycle until ovulation.

Ovulation phase: This is around the 14th day of the menstrual cycle with a normal menstrual cycle.

Luteal phase: This is from the ovulation to the beginning of the next menstrual cycle.

Postmenopause: This is from the menopause until the end of life.

The ratio between progesterone and estrogen. The progesterone level should be higher than the estrogen level. If you see lower than the reference value, it indicates that you have low progesterone or higher estrogen (estrogen dominant). If you see above the reference value, then you have progesterone too high or estrogen too low (progesterone dominant).

In the following pages, you can see the reference values for the different phases of the menstrual cycle. If you have any questions, please contact our customer support.

Estrogen

Estrogen belongs to the group of steroid hormones and is produced by the ovaries in females and the testes in males. It is also produced in the adrenal cortex. Estrogen is important for bone density, cardiovascular health, and brain development and function. It is also important for the menstrual cycle and fertility in both men and women, and for the development of secondary sex characteristics. Estrogen is also important for the regulation of the immune system, and for the regulation of the metabolism. Estrogen is also important for the regulation of the body's temperature, and for the regulation of the body's water balance. Estrogen is also important for the regulation of the body's blood pressure, and for the regulation of the body's heart rate. Estrogen is also important for the regulation of the body's breathing rate, and for the regulation of the body's heart rate. Estrogen is also important for the regulation of the body's blood pressure, and for the regulation of the body's heart rate. Estrogen is also important for the regulation of the body's breathing rate, and for the regulation of the body's heart rate.

The function of estrogen

Estrogen is the female sex hormone responsible for the development and regulation of the female reproductive system. It has many important functions for the body, and is also important for the development of the female sex characteristics. Estrogen also increases the levels of HDL cholesterol in the blood, which helps to protect against heart disease. Estrogen also increases the body's concentration of calcium, which is important for bone health. Estrogen also increases the body's concentration of insulin, which is important for blood sugar control. Estrogen also increases the body's concentration of growth hormone, which is important for growth and development. Estrogen also increases the body's concentration of thyroid hormone, which is important for metabolism. Estrogen also increases the body's concentration of cortisol, which is important for stress response. Estrogen also increases the body's concentration of progesterone, which is important for pregnancy. Estrogen also increases the body's concentration of testosterone, which is important for muscle mass and strength. Estrogen also increases the body's concentration of estradiol, which is important for bone density. Estrogen also increases the body's concentration of estrone, which is important for bone density. Estrogen also increases the body's concentration of estradiol, which is important for bone density. Estrogen also increases the body's concentration of estrone, which is important for bone density.

Estrogen deficiency

The absence of estrogen, known as hypogonadism, can lead to a number of health problems, including osteoporosis, heart disease, and depression. Estrogen deficiency can also affect the body's ability to regulate its temperature, and can lead to weight gain. Estrogen deficiency can also lead to a number of other health problems, including osteoporosis, heart disease, and depression.

Increase estrogen

The following substances may help to increase estrogen levels in the body:

- Phytoestrogens: These are plant-based compounds that can act like estrogen in the body.
- Exercise: Regular exercise can help to increase estrogen levels.
- Weight gain: Gaining weight can help to increase estrogen levels.

Phytoestrogens are plant-based compounds that can act like estrogen in the body. They are found in a variety of foods, including soybeans, flaxseeds, and alfalfa. Phytoestrogens can help to increase estrogen levels in the body, and can also help to reduce the risk of heart disease and osteoporosis. Exercise can help to increase estrogen levels in the body, and can also help to reduce the risk of heart disease and osteoporosis. Weight gain can help to increase estrogen levels in the body, and can also help to reduce the risk of heart disease and osteoporosis.

A study of 100 women taking phytoestrogen supplements found that they were able to increase their estrogen levels. The study also found that the women who took the supplements had a lower risk of heart disease and osteoporosis. Exercise can help to increase estrogen levels in the body, and can also help to reduce the risk of heart disease and osteoporosis. Weight gain can help to increase estrogen levels in the body, and can also help to reduce the risk of heart disease and osteoporosis.

Both men and women can benefit from increasing their estrogen levels. In men, low estrogen levels can lead to a number of health problems, including osteoporosis, heart disease, and depression. In women, low estrogen levels can lead to a number of health problems, including osteoporosis, heart disease, and depression.

Progesterone

Progesterone, also called corpus luteum hormone, supports the female sex hormone system and is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system.

The function of progesterone

Progesterone is a steroid hormone that is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system.

Progesterone is a steroid hormone that is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system. Progesterone is produced by the ovaries and the adrenal glands. It is essential for the female sex hormone system.

- Regulates the menstrual cycle
- Supports the development of the fetus
- Supports the development of the fetus
- Supports the development of the fetus
- Supports the development of the fetus
- Supports the development of the fetus
- Supports the development of the fetus
- Supports the development of the fetus

Progesterone deficiency

Progesterone deficiency is a condition that can occur in women. It is characterized by a low level of progesterone in the blood. This can lead to a variety of symptoms, including irregular periods, difficulty getting pregnant, and miscarriages. Progesterone deficiency is a condition that can occur in women. It is characterized by a low level of progesterone in the blood. This can lead to a variety of symptoms, including irregular periods, difficulty getting pregnant, and miscarriages.

Progesterone deficiency is a condition that can occur in women. It is characterized by a low level of progesterone in the blood. This can lead to a variety of symptoms, including irregular periods, difficulty getting pregnant, and miscarriages. Progesterone deficiency is a condition that can occur in women. It is characterized by a low level of progesterone in the blood. This can lead to a variety of symptoms, including irregular periods, difficulty getting pregnant, and miscarriages.

Progesterone deficiency is a condition that can occur in women. It is characterized by a low level of progesterone in the blood. This can lead to a variety of symptoms, including irregular periods, difficulty getting pregnant, and miscarriages. Progesterone deficiency is a condition that can occur in women. It is characterized by a low level of progesterone in the blood. This can lead to a variety of symptoms, including irregular periods, difficulty getting pregnant, and miscarriages.

Increase progesterone

The following substances have not been shown to help increase progesterone:

- [Maca](#)
- [Agave nectar](#)
- [Biotin](#)
- [Fenugreek](#)
- [Ginseng](#)
- [Iron](#)

However, it is needed for progesterone to be produced in the body. Studies have shown that women with higher levels of iron in their bodies had higher levels of progesterone.

Lower progesterone

The following substances have not been shown to help lower progesterone:

- [Maca](#)
- [Maca](#)

There are other factors in our bodies, including vegetables. But, not vegetables. Some and some are not in which you find some, green, green, and red.

It is important to note that this test does not replace a medical consultation. Always seek medical attention if you are experiencing these symptoms.

References

1. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
2. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
3. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
4. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
5. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
6. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
7. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
8. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
9. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
10. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
11. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
12. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
13. [https://www.gettested.com/health/estrogen-progesterone-test/](#)
14. [https://www.gettested.com/health/estrogen-progesterone-test/](#)

