

Dr Test Doctor    Test Clinic. 123 Test Street, Test Suburb Victoria 3125

Lab ID  
Patient ID P000061  
Ext ID 25343-0074

## Test Patient

Sex: Male • 55yrs • 01-Jan-70  
123 Home Street, Test Suburb VIC 3125

RECEIVED  
09-Dec-25

## MALE HORMONES, BASIC

Specimen type - Saliva

Collected

05-Dec-25

### MALE HORMONES, Basic

| TEST              | RESULT | H/L |                                                                                                                           | REFERENCE    | UNITS  |
|-------------------|--------|-----|---------------------------------------------------------------------------------------------------------------------------|--------------|--------|
| DHEA-S            | 4.9    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (2.5-25.0)   | nmol/L |
| Testosterone (TT) | 205.0  |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (80.0-360.0) | pmol/L |
| Estradiol (E2)    | 6      | H   | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (2-5)        | pmol/L |
| Estrone (E1)      | 8.5    |     | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> | (2.5-12.0)   | pmol/L |

### Saliva Hormones Comment

#### DHEA-S LOW NORMAL:

Salivary DHEA-S is below the expected range for a male. DHEA-S, secreted by the adrenal glands, serves as a precursor to both estrogens and androgens, supporting adrenal function, energy, bone health, immunity, and mood.

Low DHEA-S may manifest as fatigue, low libido, decreased resilience to stress, cognitive difficulties, and reduced bone or muscle mass.

Maladaptation if consistently elevated cortisol. Adrenal fatigue if morning and evening cortisol only elevated, or if all markers low.

#### Treatment Considerations:

Hormonal: DHEA supplementation under medical supervision (typical oral dose 25–50 mg/day); 25mg of DHEA for 1 month.

Consider using 7Keto form of DHEA if testosterone is elevated.

Lifestyle/Natural: Stress management, sufficient sleep, regular exercise, balanced diet, and adaptogenic support (e.g. ashwagandha) where appropriate.

#### TESTOSTERONE (TT) NORMAL:

Saliva testosterone level for a male is within range and adequate.

#### ESTRADIOL (E2) ELEVATED:

Salivary estradiol is above the expected range for a male. Elevated estradiol may result in gynecomastia, low libido, erectile dysfunction, fluid retention, mood swings, and increased cardiovascular risk.

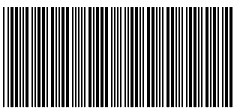
Causes: Obesity, increased aromatase activity, liver dysfunction, excess alcohol, or testosterone therapy without aromatase control.

Treatment considerations: Weight reduction, review testosterone therapy.

Suggest using 5% transdermal Chrysin and / or 50mg Zinc. The use of Arimidex 1/2 tablet every second day may also be considered if the E2 level does not decrease adequately.

#### ESTRONE (E1) NORMAL:

Saliva Estrone (E1) level is within range for a male, indicating minimal aromatisation of androgens to E1.



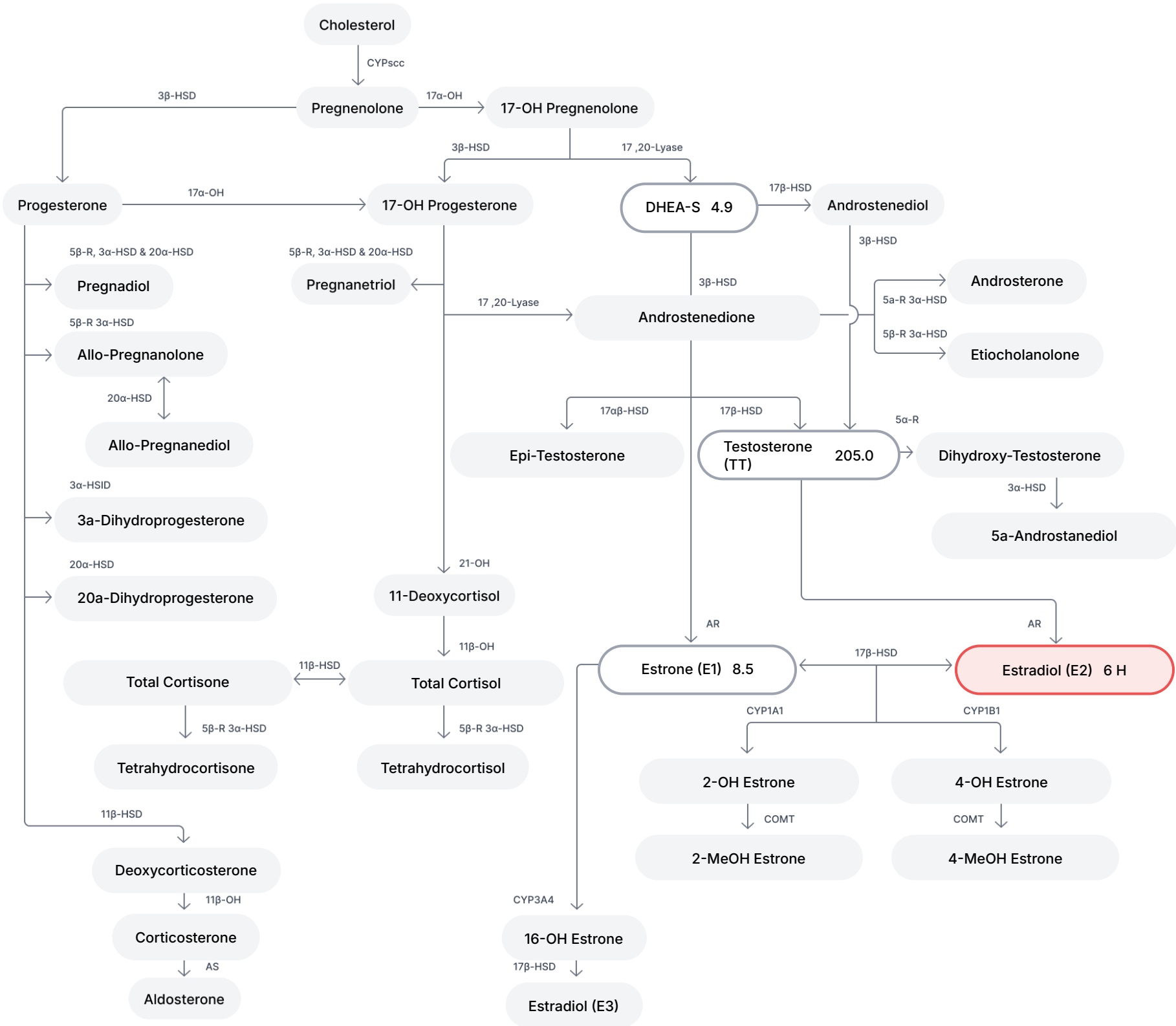
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Legend Hormone not tested Within range Out of range L = Low, LL = Critically Low H = High , HH = Critically High

|                      |             |                       |         |                                  |      |                                       |
|----------------------|-------------|-----------------------|---------|----------------------------------|------|---------------------------------------|
| Enzyme Abbreviations | 5α-R        | 5α-Reductase          | 3α-HSD  | 3α-Hydroxysteroid dehydrogenase  | AR   | Aromatase                             |
|                      | 5β-R        | 5β-Reductase          | 3β-HSD  | 3β-Hydroxysteroid dehydrogenase  | AS   | Aldosterone Synthase                  |
|                      | 11β-oH      | 11β-Hydroxylase       | 11β-HSD | 11β Hydroxysteroid dehydrogenase | CYP  | Cytochrome p450 (scc, 1A1, 1B1 & 3A4) |
|                      | 17α-OH      | 17α-Hydroxylase       | 17α-HSD | 17α-Hydroxysteroid dehydrogenase | COMT | Catechol-O-Methyl-Transferase         |
|                      | 17,20-Lyase | Same enzyme as 17α-OH | 17β-HSD | 17β-Hydroxysteroid dehydrogenase |      |                                       |
|                      | 21-OH       | 21-Hydroxylase        | 20α-HSD | 20α-Hydroxysteroid dehydrogenase |      |                                       |
|                      |             |                       |         |                                  |      |                                       |

## Methodology

Liquid Chromatography-Mass Spectrometry (LC-MS/MS/MS)