

# HORMONE CHECKLIST

Top 10 Lab Tests You Should Ask For



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## Top 10 lab tests you should ask for

Hormones play a crucial role in numerous bodily functions, including metabolism, mood, reproduction, and growth. When hormone levels are imbalanced, it can lead to a wide range of health issues. To assess your hormone health, consider scheduling a comprehensive hormone panel with a qualified healthcare professional, such as a Functional Medicine Doctor, Women's Health Nurse Practitioner or Ob/Gyn.

### Thyroid-Stimulating Hormone (TSH)

- **What it is:** The level of TSH produced by the pituitary gland to stimulate the thyroid.
- **Why it's essential:** Helps assess thyroid function. An imbalance can indicate hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid).
- **Ideal range:** 0.5-2.0 mIU/L (This range can vary slightly depending on the lab and individual factors)



### Free T3 (Triiodothyronine)

- **What it measures:** The active thyroid hormone in the body.
- **Why it's essential:** Helps evaluate thyroid function more accurately than TSH alone, especially in hypothyroid cases.
- **Ideal range:** 2.8-3.5 pg/mL (This range can vary slightly depending on the lab and individual factors)





## Free T4 (Thyroxine)

- **What it measures:** The thyroid hormone that is converted into T3.
- **Why it's essential:** Indicates thyroid health and the potential for thyroid imbalances.
- **Ideal range:** 1- 1.5 ng/dL



## Sex Hormone Binding Globulin

- **What it measures:** A protein in the blood that binds to sex hormones like testosterone and estrogen.
- **Why it's essential:** Helps determine the amount of free (bioavailable) sex hormones circulating in the body.
- **Ideal range:** Varies significantly based on age, sex, and other factors. A healthcare professional will interpret your results.



## Vitamin D

- **What it measures:** The level of vitamin D in your blood.
- **Why it's essential:** Important for bone health, immune function, and overall well-being. Vitamin D deficiency is common.
- **Ideal range:** 60-90 ng/mL (Some experts suggest a higher range)





## DHEA-S (Dehydroepiandrosterone)

- **What it measures:** A hormone produced by the adrenal glands, often considered the "mother of all hormones."
- **Why it's essential:** A marker of adrenal health and overall hormonal balance. Low levels can signal adrenal fatigue.
- **Ideal range:** Men: 350 - 490 ng/dL | Women: 275 - 400 ng/dL (depends on gender)



## Estrogen (Estradiol)

- **What it measures:** The primary female sex hormone responsible for regulating the menstrual cycle.
- **Why it's essential:** Evaluates reproductive health, especially in cases of menopause, PMS, or estrogen dominance.
- **Ideal range:** Pre-menopausal: 50 - 400 pg/mL | Post-menopausal: 30-40 pg/mL (These ranges can vary significantly)



## Progesterone

- **What it measures:** A hormone produced in the ovaries that regulates menstruation and pregnancy.
- **Why it's essential:** Low progesterone can contribute to symptoms like irregular periods, mood swings, and infertility.
- **Ideal range:** 5 - 20 ng/mL (Varies by phase of the menstrual cycle. Best to test during the luteal phase, typically 7-10 days before your period starts.)





## Testosterone

- **What it measures:** The primary male sex hormone, but also important in women for muscle mass, libido, and energy.
- **Why it's essential:** Low testosterone can lead to fatigue, depression, and weight gain, while high levels in women can indicate PCOS or other conditions.
- **Ideal range:** Men: 700 - 900 ng/dL | Women: 30 - 48 ng/dL



## Insulin

- **What it measures:** A hormone that helps control blood sugar levels.
- **Why it's essential:** Important for assessing metabolic health, insulin resistance, and the risk of Type 2 diabetes.
- **Ideal range:** 2 - 5  $\mu\text{U/mL}$  (This can vary depending on the time of day and recent food intake)



This check list provides an overview of essential lab tests for hormone health and the importance of understanding your body's balance. By tracking these markers, you can uncover potential imbalances and work towards restoring your health. **Schedule an appointment with one of our functional doctors at Yost Wellness Center to review your lab results and create a personalized treatment strategy**

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