PHYSICIANS LAB
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FEM :24-Hr Comp Urine Profile + Metabolites

PATIENT INFO:

Patient: Phyl Test Patient 15
DOB: 1/1/1971
Collected: 12/01/2025
Gender: Female

Accession: S-1225-0000144
Received: 12/3/2025
Completed: 12/4/2025 9:48:58 AM

PROVIDER INFO:

Phyl Test Practitioner
Phyl Test Facility

COLLECTION TIME:

1st	2nd	3rd	4th	5th
10:05 AM	2:05 PM	6:05 PM	10:05 PM	7:05 AM

Results Dashboard

Analyte	Observation	Result	Reference Range
PROGESTERONE MARKERS			
Alpha-Pregnanediol		88.7	14.6 - 437.9
Beta-Pregnanediol		651.5	160.3 - 3087.6
Alpha-Pregnanediol (w/Oral Pg)	Low	88.7	157.5 - 2336.1
Beta-Pregnanediol (w/ Oral Pg)	Low	651.5	1465.5 - 14567.0
ESTROGEN MARKERS			
Total Estrogen Load		52.5	15.0 - 81.2
Total Estrogen/Progesterone Ratio		1.0	0.0 - 1.3
Estrone		2.9	1.0 - 8.0
Estradiol		1.9	0.5 - 3.6
Estriol	High	12.2	0.9 - 7.9
2-Hydroxyestrone	Below Detection Limit	-	1.2 - 9.9
16a-Hydroxyestrone	High	1.1	<=1.0
4-Hydroxyestrone	Below Detection Limit	-	<=1.4
Methylation Ratio	Unable to Calculate	-	>=43.3
ANDROGEN MARKERS			
Testosterone		2.0	0.8 - 8.3
Dihydrotestosterone (5a-DHT)		0.7	<=4.2
Androsterone		222.2	106.0 - 591.2

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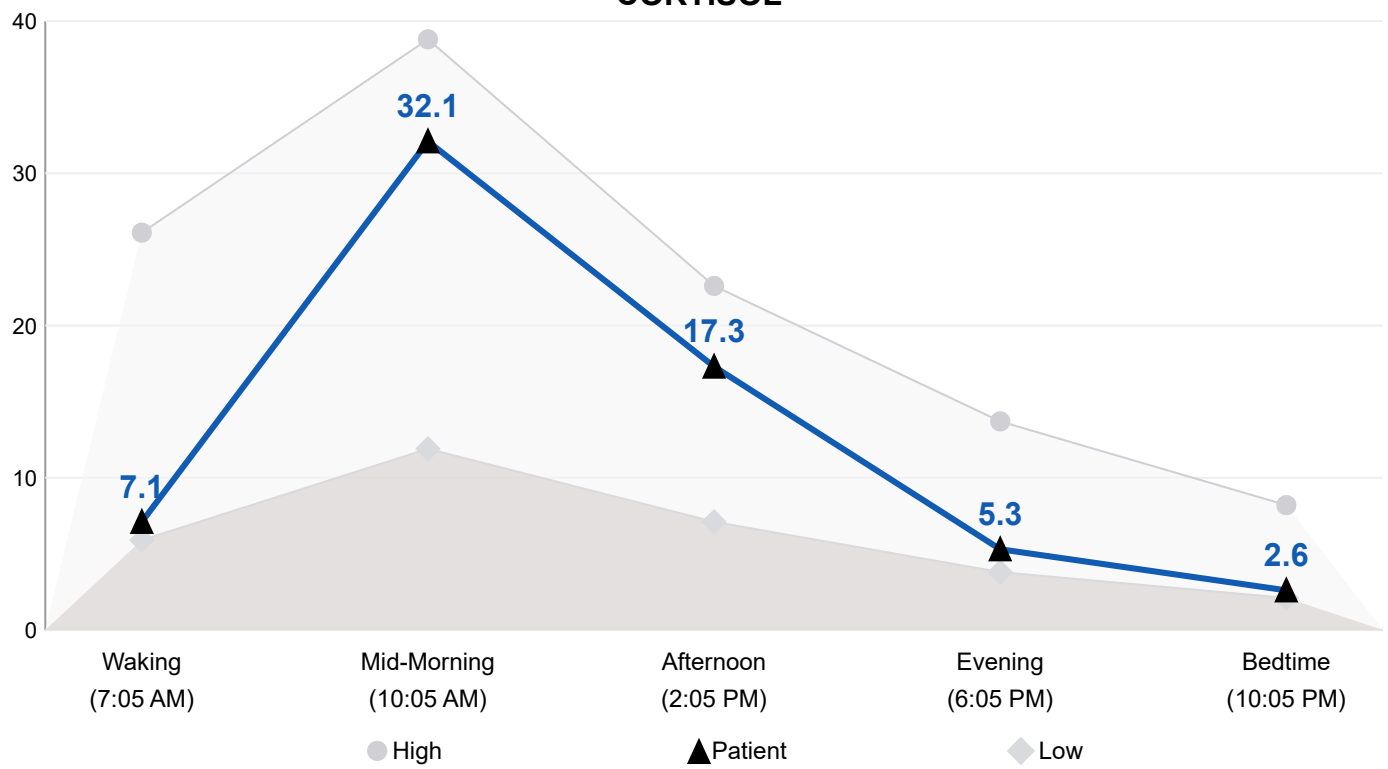
Analyte	Observation	Result	Reference Range	
Etiocholanolone	Low	29.0	91.5 - 543.0	91.5 / 543.0 / 29.0
Testosterone Metabolites		23.5	14.7 - 81.3	14.7 / 81.3 / 23.5
Testosterone/Metabolite Ratio		0.8	0.6 - 3.1	0.6 / 3.1 / 0.8
5α-Reductase Activity	High	5.7	0.3 - 2.2	0.3 / 2.2 / 5.7
HPA AXIS MARKERS				
DHEA-S	Low	8.7	60.9 - 721.9	60.9 / 721.9 / 8.7
Cortisol		33.1	17.2 - 49.8	17.2 / 49.8 / 33.1
Cortisol Metabolites		1525.6	748.4 - 2058.9	748.4 / 2058.9 / 1525.6
Cortisol: Metabolite Ratio		1.2	0.8 - 2.5	0.8 / 2.5 / 1.2
Anabolic/Catabolic Ratio		0.5	0.5 - 1.7	0.5 / 1.7 / 0.5

CORTISOL



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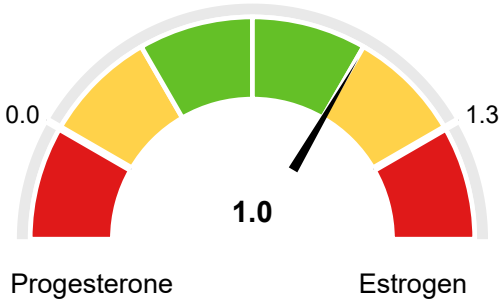
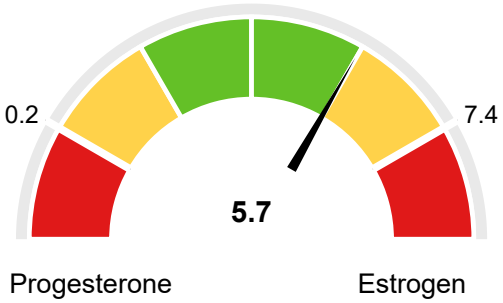
CLIA Lic. # 10D2140702

Total Estrogen/Progesterone Ratio



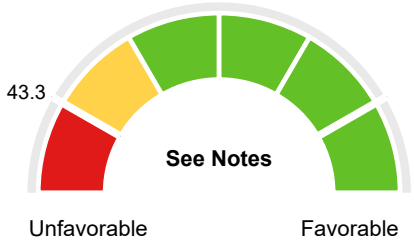
Total Estrogen/Progesterone Ratio (w/ Oral Pg)



Estrogen Markers

	Units	Observation	Target Ranges
Total Estrogen Load	ng/mg CR		15.0 – 81.2 (52.5)
Estrone	ng/mg CR		1.0 – 8.0 (2.9)
Estradiol	ng/mg CR		0.5 – 3.6 (1.9)
Estriol	ng/mg CR	High	0.9 – 7.9 (12.2)
2-Hydroxyestrone	ng/mg CR	Below Detection Limit	1.2 – 9.9
16a-Hydroxyestrone	ng/mg CR	High	1.0 (1.1)
4-Hydroxyestrone	ng/mg CR	Below Detection Limit	1.4
2-Methoxyestrone	ng/mg CR	Low	1.9 – 13.9 (0.6)

Methylation Ratio



Unable to calculate. Methylation Ratio was Not Reported

Androgen Markers

	Units	Observation	Target Ranges
Testosterone	ng/mg CR		0.8 – 8.3 (2.0)
Dihydrotestosterone (5a-DHT)	ng/mg CR		4.2 (0.7)

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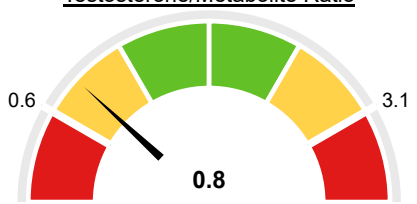
	Units	Observation	Target Ranges
Testosterone Metabolites	ng/mg CR		14.7 – 81.3 (23.5)
Etiocholanolone	ng/mg CR	Low	91.5 – 543.0 (29.0)
Androsterone	ng/mg CR		106.0 – 591.2 (222.2)

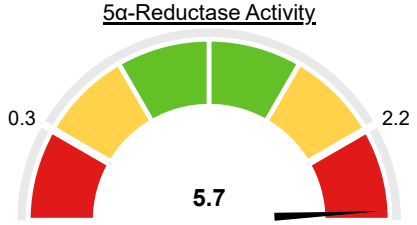
Testosterone/Metabolite Ratio



High Metabolism Low Metabolism

This ratio indicates that the levels of expected testosterone metabolites are normal in relative ratio to testosterone. Although there is balance between testosterone and its downstream metabolites, testosterone therapy may increase DHT levels due to increased 5-alpha-reductase activity indicated for this patient. The most optimal ratio is 1 (center green). Patients at the high or low ends of normal (yellow) are approaching an imbalance.

5α-Reductase Activity



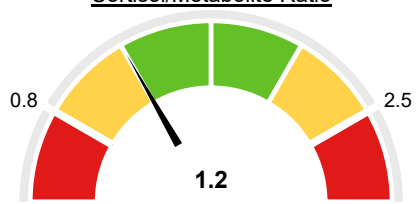
Etiocholanolone (5β) Androsterone (5α)

5-alpha-reductase (5aR) activity appears elevated but may not be clinically relevant if other 5a levels are lower than 5b levels. Confirm this value by comparing 5a-pregnanediol to 5b-pregnanediol, testosterone to 5a-DHT, and cortisol to a-THFs in this report. Optimal balance exists when the ratio is nearest 1 (center). An elevated 5aR ratio (>=1.5) may contribute to symptoms associated with excess androgenic effects such as acne, unwanted facial hair growth in women, hair loss in men and other symptoms. These patients may also see elevated levels of testosterone or cortisol metabolites.

HPA-Axis Markers

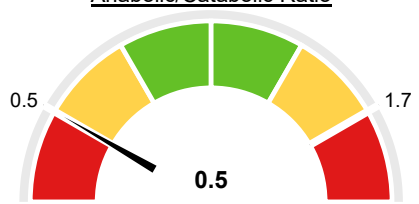
	Units	Observation	Target Ranges
Cortisol	ng/mg 24hr CR		17.2 – 49.8 (33.1)
Cortisone	ng/mg 24hr CR		34.1 – 93.2 (83.0)
Cortisol Metabolites	ng/mg CR		748.4 – 2058.9 (1525.6)
Total 17-Hydroxysteroids	ng/mg CR		1004.6 – 2492.8 (1708.9)
DHEA-S	ng/mg CR	Low	60.9 – 721.9 (8.7)
DHEA	ng/mg CR	Low	2.7 – 20.6 (2.6)
Total 17-Ketosteroids	ng/mg CR		399.7 – 1356.6 (423.6)

Cortisol/Metabolite Ratio



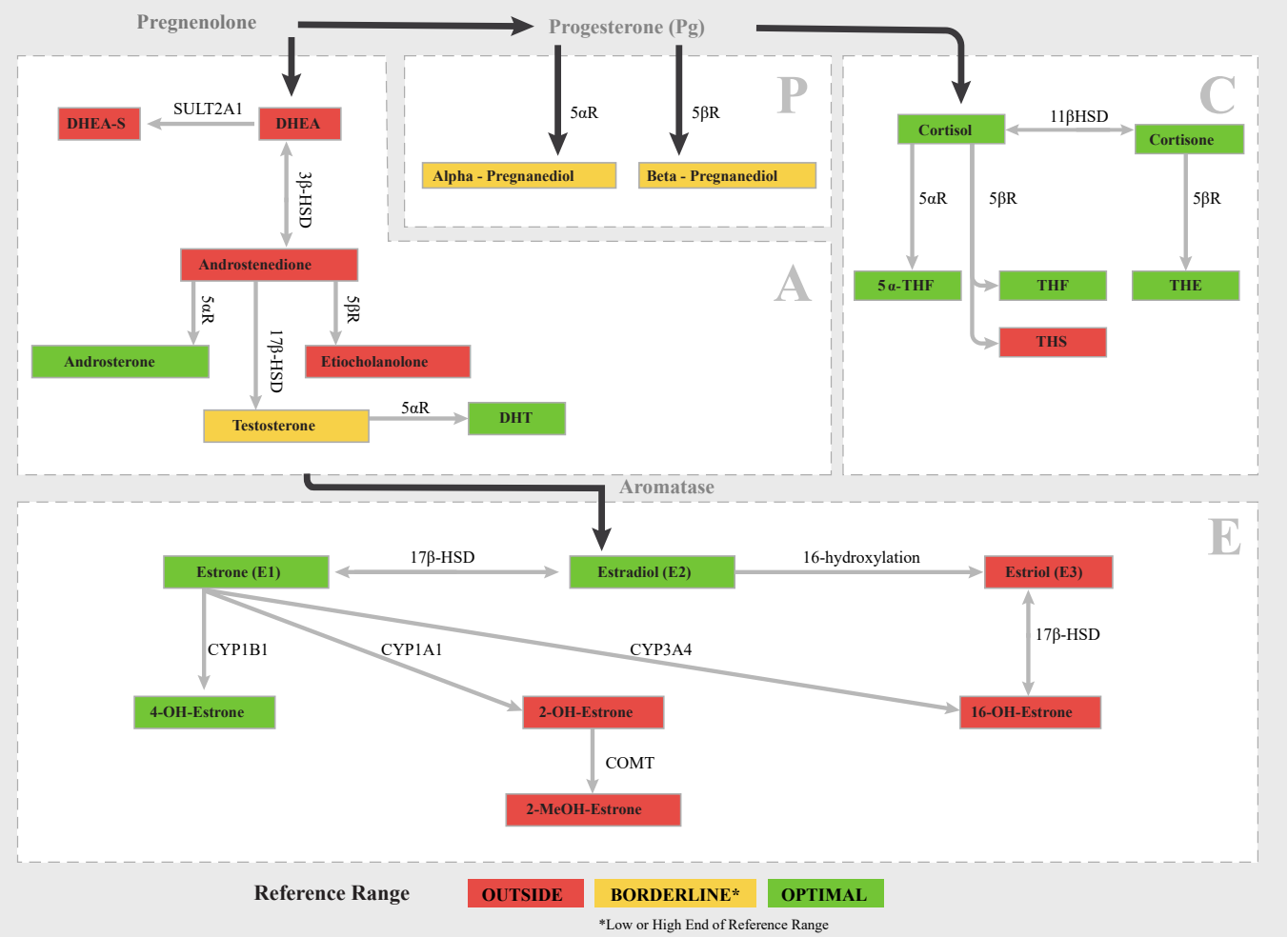
The Cortisol:Metabolite Ratio is normal. This means that the levels of free cortisol can be taken at face value because the rate of cortisol metabolism is balanced with the amount of free-cortisol (see the cortisol curve to assess adrenal function). Certain 17-hydroxysteroids are also cortisol metabolites, and, as such, should be in balance with 17-ketosteroids for optimal function (see Anabolic/Catabolic ratio).

Anabolic/Catabolic Ratio



This patient is balanced between anabolic steroids and catabolic steroids, creating a bio-environment for cell proliferation and tissue health to perform at optimal levels while still allowing for detoxification and responses to stress. The optimal ratio is 1 (center). When results near the low end (more catabolic - left yellow zone) or the high end (more anabolic - right yellow zone) of the normal range, the anabolic/catabolic ratio is approaching an imbalance.

Pathways Assessment



Results History

Please Note: Cortisol, Cortisone, and DHEA-S reference ranges updated on 8/22/2025

Analyte	Unit	12/4/2025 9:48:58 AM (S-1225-0000144) Result		Range
Creatinine	mg/dL	97.4		30.0 - 300.0
ESTROGEN AND PROGESTERONE MARKERS				
Alpha-Pregnanediol	ng/mg CR	88.7		14.6 - 437.9
Alpha-Pregnanediol (w/Oral Pg)	ng/mg CR	88.7	Low	157.5 - 2336.1
Beta-Pregnanediol	ng/mg CR	651.5		160.3 - 3087.6
Beta-Pregnanediol (w/ Oral Pg)	ng/mg CR	651.5	Low	1465.5 - 14567.0
Alpha-Pregnanediol / Beta-Pregnanediol Ratio	Ratio	0.6		0.4 - 1.2
Total Estrogen Load	ng/mg CR	52.5		15.0 - 81.2
Estrone	ng/mg CR	2.9		1.0 - 8.0
Estradiol	ng/mg CR	1.9		0.5 - 3.6
Estriol	ng/mg CR	12.2	High	0.9 - 7.9
2-Hydroxyestrone	ng/mg CR	-	Below Detection Limit	1.2 - 9.9
16a-Hydroxyestrone	ng/mg CR	1.1	High	<=1.0
4-Hydroxyestrone	ng/mg CR	-	Below Detection Limit	<=1.4
E Quotient	Ratio	2.5		>=0.3
2-Methoxyestrone	ng/mg CR	0.6	Low	1.9 - 13.9
2:16 Ratio (2-OHE1/16α-OHE1)	Ratio	-	Unable to Calculate	2.9 - 24.2
Methylation Ratio	Ratio	-	Unable to Calculate	>=43.3
Total Estrogen/Progesterone Ratio	Ratio	1.0		0.0 - 1.3
Total Estrogen/Progesterone Ratio (w/ Oral Pg)	Ratio	5.7		0.2 - 7.4
ANDROGEN MARKERS				
Testosterone	ng/mg CR	2.0		0.8 - 8.3
Dihydrotestosterone (5a-DHT)	ng/mg CR	0.7		<=4.2
Testosterone Metabolites	ng/mg CR	23.5		14.7 - 81.3
Testosterone/Metabolite Ratio	Ratio	0.8		0.6 - 3.1
Androsterone	ng/mg CR	222.2		106.0 - 591.2
Etiocholanolone	ng/mg CR	29.0	Low	91.5 - 543.0
5-alpha-Androstanediol	ng/mg CR	-	Below Detection Limit	<=19.6
5-beta-Androstanediol	ng/mg CR	22.7		10.0 - 65.5
5α-Reductase Activity	Ratio	5.7	High	0.3 - 2.2
Androstenedione	ng/mg CR	-	Below Detection Limit	0.1 - 1.0
HPA - AXIS MARKERS				
Waking Cortisol	ng/mg CR	7.1		5.9 - 26.1
Mid-morning Cortisol	ng/mg CR	32.1		11.9 - 38.8
Afternoon Cortisol	ng/mg CR	17.3		7.1 - 22.6
Evening Cortisol	ng/mg CR	5.3		3.8 - 13.7
Bedtime Cortisol	ng/mg CR	2.6		2.1 - 8.2
Waking Cortisone	ng/mg CR	41.7		23.8 - 72.8
Mid-morning Cortisone	ng/mg CR	146.5	High	43.0 - 122.7

Please Note: Cortisol, Cortisone, and DHEA-S reference ranges updated on 8/22/2025

Analyte	Unit	12/4/2025 9:48:58 AM (S-1225-0000144)		
		Result		Range
Afternoon Cortisone	ng/mg CR	121.8	High	29.9 - 86.4
Evening Cortisone	ng/mg CR	67.5	High	18.0 - 58.5
Bedtime Cortisone	ng/mg CR	28.2		11.1 - 33.4
Cortisol	ng/mg 24hr CR	33.1		17.2 - 49.8
Cortisone	ng/mg 24hr CR	83.0		34.1 - 93.2
Pregnanetriol	ng/mg CR	164.9		128.4 - 601.6
DHEA-S	ng/mg CR	8.7	Low	60.9 - 721.9
DHEA	ng/mg CR	2.6	Low	2.7 - 20.6
Allo-Tetrahydrocortisol (a-THF)	ng/mg CR	101.7		36.2 - 217.0
Tetrahydrodeoxycortisol (THS)	ng/mg CR	18.4	Low	20.5 - 70.1
Tetrahydrocortisone (THE)	ng/mg CR	929.5		467.8 - 1394.2
Tetrahydrocortisol (THF)	ng/mg CR	494.4		247.5 - 739.9
11-Keto (Androsterone + Etiocholanolone)	ng/mg CR	60.00		44.88 - 260.56
11b-Hydroxyandrosterone	ng/mg CR	37.1		30.8 - 164.6
11b-Hydroxyetiocholanolone	ng/mg CR	73.1		35.9 - 235.3
Cortisol Metabolites	ng/mg CR	1525.6		748.4 - 2058.9
Cortisol: Metabolite Ratio	Ratio	1.2		0.8 - 2.5
Total 17-Ketosteroids	ng/mg CR	423.6		399.7 - 1356.6
Total 17-Hydroxysteroids	ng/mg CR	1708.9		1004.6 - 2492.8
Anabolic/Catabolic Ratio	Ratio	0.5		0.5 - 1.7
Cortisol/Cortisone 11B-HSD II	Ratio	0.8		0.8 - 1.6