HormoneBaseline

MARKERS LIST

A focused assessment of sex and adrenal hormones, hormone metabolism, cortisol and cortisone patterns throughout the day, melatonin, oxidative stress, and bone resorption. Results provide a measured starting point for reassessment and can help providers identify when broader investigation may be useful.

ESTROGEN

PRODUCTION

- Estradiol (E2)
- Estrone (E1)
- Estriol (E3)
- Total Estrogen
- E3 / (E1 + E2) Ratio
- Estradiol / Testosterone

METABOLISM

- 2-OH-E1
- 2-OH-E2
- 4-OH-E1
- 4-OH-E2
- 16α-OH-E1
- 2-OH-E1 / 4-OH-E1 Balance
- 2-OH (E1+E2) / 16α-OH-E1 Balance
- 2-Methoxy-E1
- 2-Methoxy-E2
- 4-Methoxy-E1
- 4-Methoxy-E2
- 2-Methoxy-E1 / 2-OH-E1
- 4-Methoxy-E1 / 4-OH-E1
- 4-Methoxy-E2 / 4-OH-E2

PROGESTERONE

PRODUCTION

- Progesterone (serum equivalent)
- β-Pregnanediol / Estradiol

METABOLISM

- α-Pregnanediol
- β-Pregnanediol
- 5α-Metabolism (α-Pregnanediol / β-Pregnanediol)
- Allopregnanolone
- 3α-DHP
- 20α-DHP

TESTOSTERONE

PRODUCTION

- DHEA-S
- Total DHEA Production
- Testosterone
- Androstenedione

METABOLISM

- Epi-Testosterone
- Testosterone / Epi-Testosterone
- Androsterone
- Etiocholanolone
- 5α-Metabolism (Androsterone / Etiocholanolone)
- 5α-DHT
- 5α-Androstanediol
- 5β-Androstanediol
- 5α-Metabolism (5α-Androstanediol / 5β-Androstanediol)

ADRENAL

DAILY PATTERN & CAR

- Cortisol (Morning)
- Cortisol (30min after Waking)
- Cortisol (60min after Waking)
- Cortisol (Evening)
- Cortisol (Night)
- Cortisol (Insomnia)
- Cortisone (Morning)
- Cortisone (30min after Waking)
- Cortisone (60min after Waking)
- Cortisone (Evening)
- Cortisone (Night)
- Cortisone (Insomnia)
- % rise (CAR%)
- Cortisol Awakening Response (CAR)

PRECURSORS & MINERALOCORTICOIDS

- Deoxycorticosterone
- Corticosterone

METABOLISM

- THF + THE
- α-THF
- β-THF
- β-THE
- Cortisol Clearance Rate (CCR)
- Total Cortisol
- Total Cortisone

NORMALIZATION

- Creatinine (Waking)
- Creatinine (Waking + 2 hours)
- Creatinine (Dinner)
- Creatinine (Bedtime)

OXIDATIVE, BONE & SLEEP

OXIDATIVE STRESS

- 8-OHdG

SLEEP

- Melatonin (6-OHMS, First Morning)

BONE TURNOVER

- DPD
- PYD