designs for health

Hormone Spotlight™

Spotlight Hormone - Female

PATIENT INFO:

Patient: Test Patient
DOB: X/X/1996
Collected: 01/26/2026
Gender: Female

Accession: 1125-0010326
Received: 1/30/2026
Completed: 2/5/2026 4:09:07 PM

PROVIDER INFO:

Designs for Health
Danielle Arnold
Designs for Health

COLLECTION TIME:

1st	2nd	3rd	4th	5th
11:21 AM	3:21 PM	7:21 PM	11:21 PM	5:48 AM

Introduction - Comprehensive Hormone Analysis Designs for Health is pleased to present the Hormone Spotlight Analysis, offering an advanced, functional look into the intricate world of hormone balance and regulation. This report delivers a 24-hour comprehensive assessment of estrogens, progesterone, androgens, and adrenal hormones, capturing daily patterns and rhythms. Using gold-standard LC/MS/MS technology, it provides highly accurate, quantitative insights into hormone production, utilization, and clearance—giving a complete picture of your hormonal landscape. The insights provided here are designed to support personalized nutritional, lifestyle, and supplementation strategies tailored to each individual's unique biochemistry. This analysis is not intended for medical diagnosis or treatment of disease but rather as a powerful tool to help you and your healthcare provider optimize your hormonal health.

Your SPOTLIGHT Test Scores

Androgen (A)



Estrogen (E)

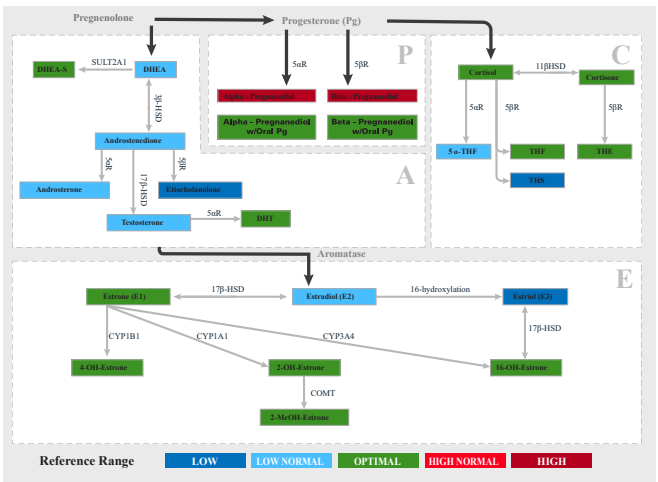


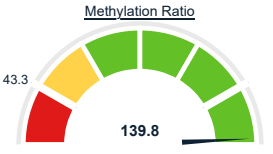
Progesterone (P)

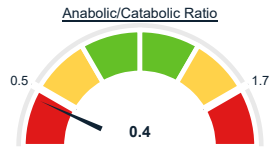


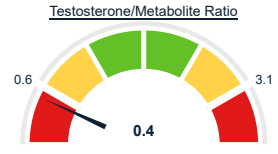
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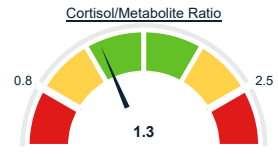


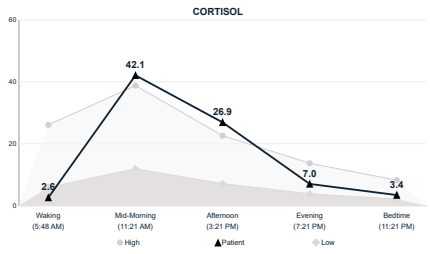












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Patient: Test Patient
Accession: 1125-0010326

Results Dashboard

Analyte	Observation	Result	Reference Range
PROGESTERONE MARKERS			
Alpha-Pregnanediol	High	1395.8	14.6 - 437.9
Beta-Pregnanediol	High	5276.9	160.3 - 3087.6
Alpha-Pregnanediol (w/Oral Pg)		1395.8	157.5 - 2336.1
Beta-Pregnanediol (w/ Oral Pg)		5276.9	1465.5 - 14567.0
ESTROGEN MARKERS			
Total Estrogen Load		29.9	15.0 - 81.2
Total Estrogen/Progesterone Ratio		0.17	0.05 - 1.28
Estrone		2.9	1.0 - 8.0
Estradiol		1.1	0.5 - 3.6
Estriol	Low	0.8	0.9 - 7.9
2-Hydroxyestrone		6.5	1.2 - 9.9
16a-Hydroxyestrone	Below Detection Limit	<0.39	<=1.0
4-Hydroxyestrone		0.6	<=1.4
Methylation Ratio		139.8	>=43.3
ANDROGEN MARKERS			
Testosterone		1.1	0.8 - 8.3
Dihydrotestosterone (5a-DHT)		1.0	<=4.2
Androsterone		179.1	106.0 - 591.2
Etiocholanolone	Low	57.8	91.5 - 543.0
Testosterone Metabolites		23.4	14.7 - 81.3
Testosterone/Metabolite Ratio	Low	0.4	0.6 - 3.1

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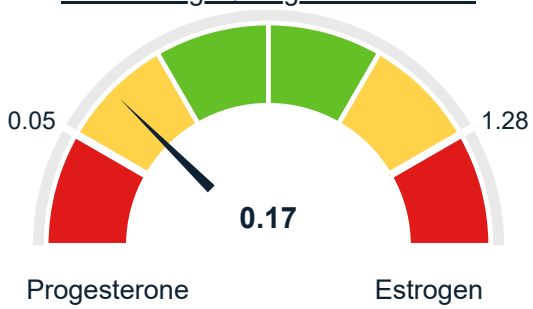
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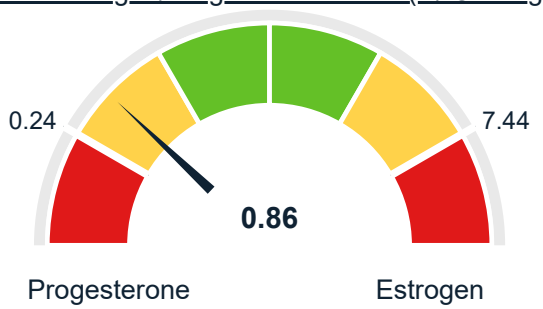
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Analyte	Observation	Result	Reference Range	
5α-Reductase Activity	High	2.3	0.3 - 2.2	0.3 – 2.2 (2.3)
HPA AXIS MARKERS				
DHEA-S		298.0	60.9 - 721.9	60.9 – 721.9 (298.0)
Cortisol		27.9	17.2 - 49.8	17.2 – 49.8 (27.9)
Cortisol Metabolites		1148.4	748.4 - 2058.9	748.4 – 2058.9 (1148.4)
Cortisol: Metabolite Ratio		1.3	0.8 - 2.5	0.8 – 2.5 (1.3)
Anabolic/Catabolic Ratio	Low	0.4	0.5 - 1.7	0.5 – 1.7 (0.4)

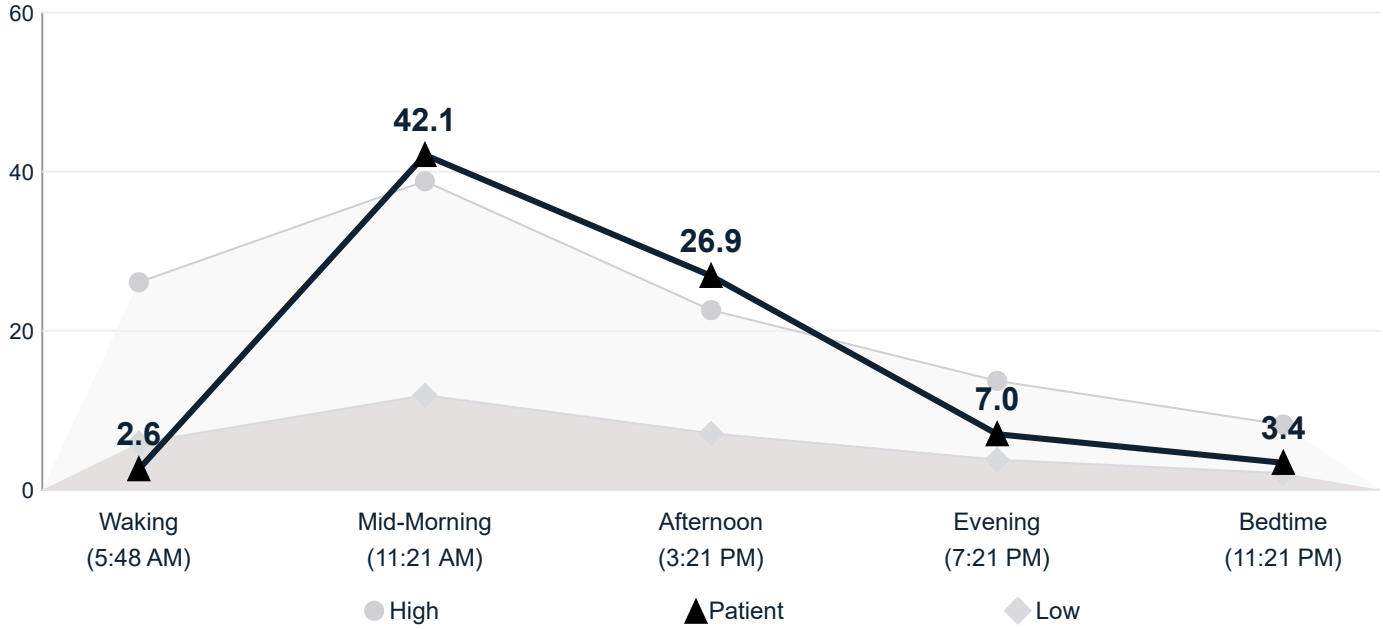
Total Estrogen/Progesterone Ratio



Total Estrogen/Progesterone Ratio (w/ Oral Pg)



CORTISOL



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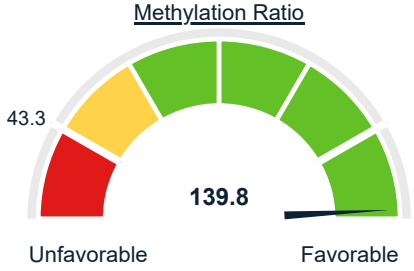
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Estrogen Markers

	Units	Observation	Target Ranges
Total Estrogen Load	ng/mg CR		15.0 – 81.2 (29.9)
Estrone	ng/mg CR		1.0 – 8.0 (2.9)
Estradiol	ng/mg CR		0.5 – 3.6 (1.1)
Estriol	ng/mg CR	Low	0.9 – 7.9 (0.8)
2-Hydroxyestrone	ng/mg CR		1.2 – 9.9 (6.5)
16a-Hydroxyestrone	ng/mg CR	Below Detection Limit	1.0
4-Hydroxyestrone	ng/mg CR		1.4 (0.6)
2-Methoxyestrone	ng/mg CR		1.9 – 13.9 (9.0)

Methylation Ratio



The Methylation Ratio is favorable.

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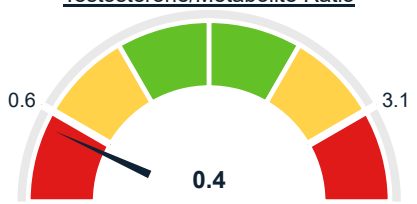
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Androgen Markers

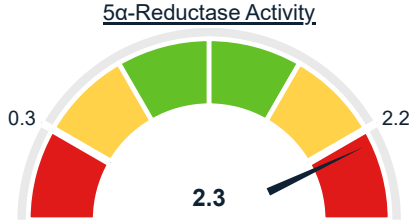
	Units	Observation	Target Ranges
Testosterone	ng/mg CR		0.8 – 8.3 (1.1)
Dihydrotestosterone (5a-DHT)	ng/mg CR		4.2 (1.0)
Testosterone Metabolites	ng/mg CR		14.7 – 81.3 (23.4)
Etiocholanolone	ng/mg CR	Low	91.5 – 543.0 (57.8)
Androsterone	ng/mg CR		106.0 – 591.2 (179.1)

Testosterone/Metabolite Ratio



High Metabolism — Low Metabolism

5α-Reductase Activity



Etiocholanolone (5β) — Androsterone (5α)

The levels of testosterone metabolites are higher than expected in relative ratio to testosterone and elevated 5-alpha-reductase (5aR) activity may be causing this imbalance. The most optimal ratio is 1 (center). 5a-DHT, a 5aR metabolite of testosterone, is more androgenic than testosterone and elevated testosterone metabolites can contribute to normal/high androgen effect, even if testosterone is low.

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.

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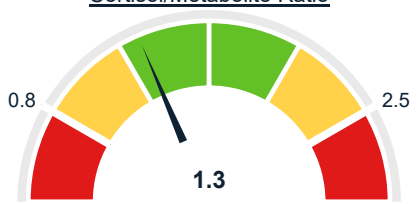
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HPA-Axis Markers

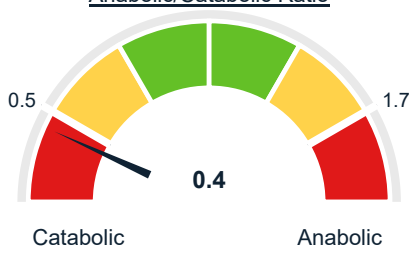
	Units	Observation	Target Ranges
Cortisol	ng/mg 24hr CR		17.2 – 49.8 (27.9)
Cortisone	ng/mg 24hr CR		34.1 – 93.2 (59.0)
Cortisol Metabolites	ng/mg CR		748.4 – 2058.9 (1148.4)
Total 17-Hydroxysteroids	ng/mg CR		1004.6 – 2492.8 (1662.0)
DHEA-S	ng/mg CR		60.9 – 721.9 (298.0)
DHEA	ng/mg CR		2.7 – 20.6 (4.9)
Total 17-Ketosteroids	ng/mg CR	Low	399.7 – 1356.6 (367.1)

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

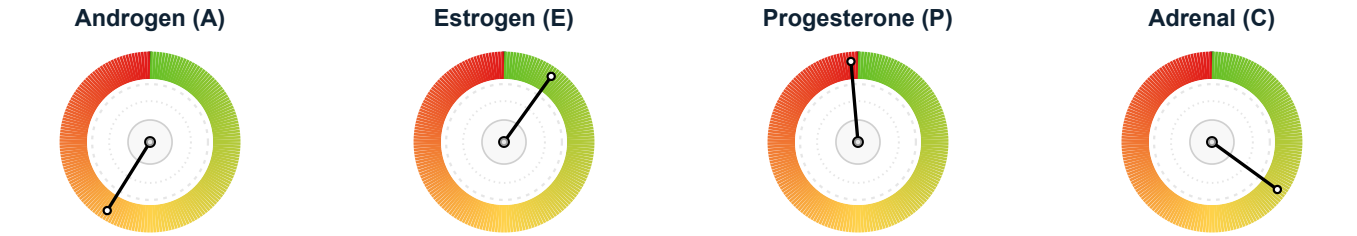


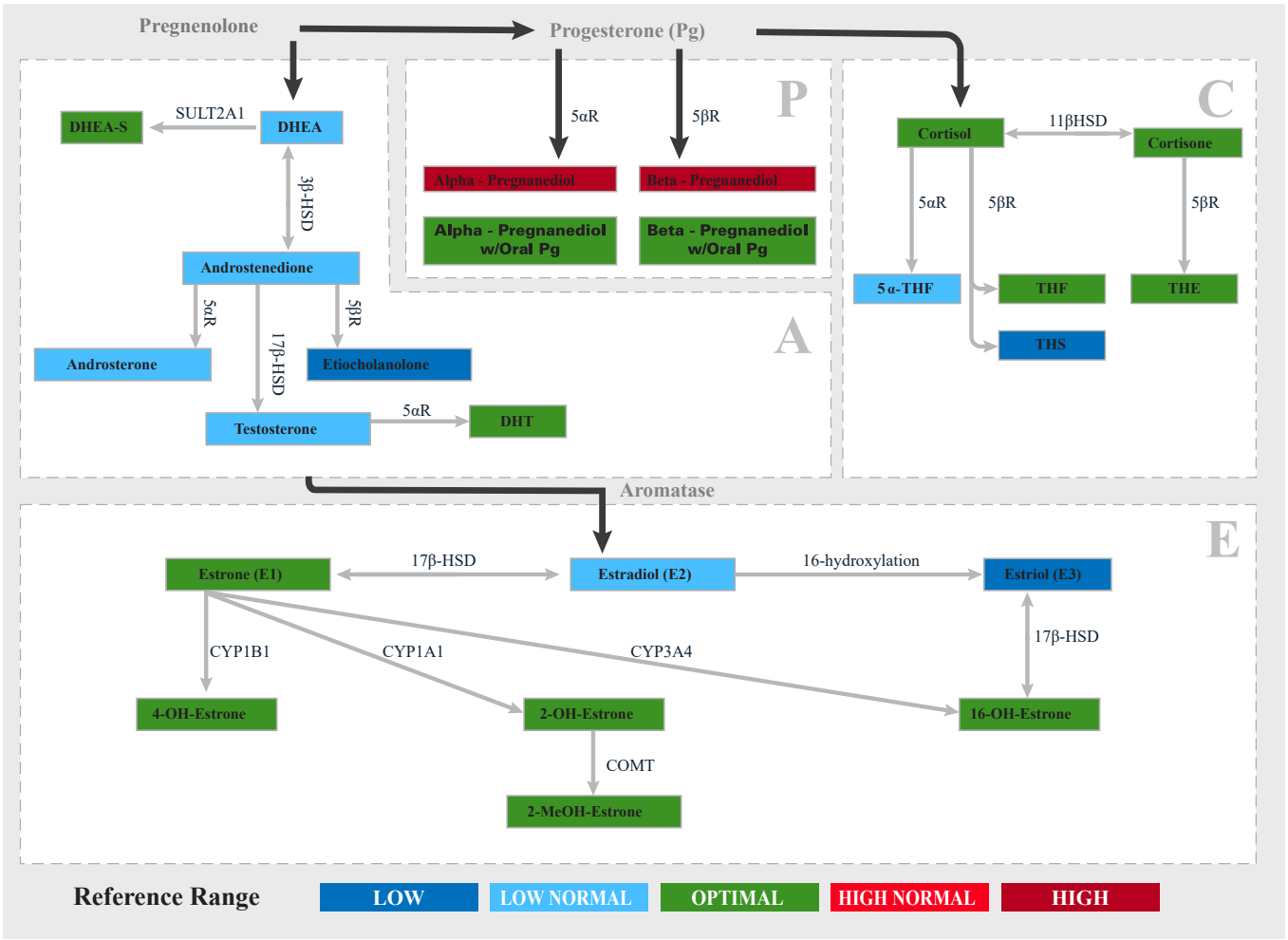
The proper balance between anabolic hormones and catabolic hormones is essential in creating a bio-environment for cell proliferations and tissue health to perform at optimal levels while still allowing for detoxification and responses to stress. The results shown indicate higher catabolic metabolites. This can be due to elevated cortisol and cortisol metabolites (causing elevated 17-Hydroxysteroids) or low DHEA and DHEA metabolites (causing decreased 17-Ketosteroids). Possible causes include chronic stress, obesity, metabolic syndrome, excessive wear and tear or poor recovery from illness or injury.

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Recommendations

Analyte	Recommendations	Rationale
	Progesterone	
Alpha-Pregnanediol	Zinc Supreme™, B-Supreme™	Normalizes overproduction of alpha-pregnanediol.
Beta-Pregnanediol	BroccoProtect™, FemGuard + Balance™	Clears excess beta-pregnanediol and balances hormone metabolism.
	Estrogens	
Estriol	Femguard HF™, Magnesium™	Supports estriol balance through nutrient cofactors.
	Androgens	
Etiocholanolone	LibidoStim-F™, Prostate Supreme™	Improves androgen balance.
	HPA-Axis	
Tetrahydrodeoxycortisol	Adrenal Complex™, Pregnenolone CRT™	Improves adrenal precursor balance.

Lifestyle and Supplement Recommendations: *The lifestyle and supplement recommendations included in this report are generalized and made for adults. Not all recommendations are appropriate or applicable for every individual. A knowledgeable and qualified healthcare practitioner should review all recommendations and adjust them as needed, based on the individual's age, personal health history, pregnancy or breastfeeding status, potential drug or nutrient interactions, contraindications, current supplement use, diet, lifestyle, and other relevant factors.*

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Results History

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

Analyte	Unit	2/5/2026 4:09:07 PM (1125-0010326) Result		Range
Creatinine	mg/dL	189.0		30.0 - 300.0
ESTROGEN AND PROGESTERONE MARKERS				
Alpha-Pregnanediol	ng/mg CR	1395.8	High	14.6 - 437.9
Alpha-Pregnanediol (w/Oral Pg)	ng/mg CR	1395.8		157.5 - 2336.1
Beta-Pregnanediol	ng/mg CR	5276.9	High	160.3 - 3087.6
Beta-Pregnanediol (w/ Oral Pg)	ng/mg CR	5276.9		1465.5 - 14567.0
Alpha-Pregnanediol / Beta-Pregnanediol Ratio	Ratio	1.2		0.4 - 1.2
Total Estrogen Load	ng/mg CR	29.9		15.0 - 81.2
Estrone	ng/mg CR	2.9		1.0 - 8.0
Estradiol	ng/mg CR	1.1		0.5 - 3.6
Estriol	ng/mg CR	0.8	Low	0.9 - 7.9
2-Hydroxyestrone	ng/mg CR	6.5		1.2 - 9.9
16a-Hydroxyestrone	ng/mg CR	<0.39	Below Detection Limit	<=1.0
4-Hydroxyestrone	ng/mg CR	0.6		<=1.4
E Quotient	Ratio	0.2	Low	>=0.3
2-Methoxyestrone	ng/mg CR	9.0		1.9 - 13.9
2:16 Ratio (2-OHE1/16α-OHE1)	Ratio	-	Unable to Calculate	2.9 - 24.2
Methylation Ratio	Ratio	139.8		>=43.3
Total Estrogen/Progesterone Ratio	Ratio	0.17		0.05 - 1.28
Total Estrogen/Progesterone Ratio (w/ Oral Pg)	Ratio	0.86		0.24 - 7.44
ANDROGEN MARKERS				
Testosterone	ng/mg CR	1.1		0.8 - 8.3
Dihydrotestosterone (5a-DHT)	ng/mg CR	1.0		<=4.2
Testosterone Metabolites	ng/mg CR	23.4		14.7 - 81.3
Testosterone/Metabolite Ratio	Ratio	0.4	Low	0.6 - 3.1
Androsterone	ng/mg CR	179.1		106.0 - 591.2
Etiocholanolone	ng/mg CR	57.8	Low	91.5 - 543.0
5-alpha-Androstanediol	ng/mg CR	12.0		<=19.6
5-beta-Androstanediol	ng/mg CR	10.5		10.0 - 65.5
5α-Reductase Activity	Ratio	2.3	High	0.3 - 2.2
Androstenedione	ng/mg CR	0.2		0.1 - 1.0
HPA - AXIS MARKERS				
Waking Cortisol	ng/mg CR	2.6	Low	5.9 - 26.1
Mid-morning Cortisol	ng/mg CR	42.1	High	11.9 - 38.8
Afternoon Cortisol	ng/mg CR	26.9	High	7.1 - 22.6
Evening Cortisol	ng/mg CR	7.0		3.8 - 13.7
Bedtime Cortisol	ng/mg CR	3.4		2.1 - 8.2
Waking Cortisone	ng/mg CR	11.7	Low	23.8 - 72.8
Mid-morning Cortisone	ng/mg CR	78.7		43.0 - 122.7

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

Analyte	Unit	2/5/2026 4:09:07 PM (1125-0010326)		
		Result		Range
Afternoon Cortisone	ng/mg CR	67.7		29.9 - 86.4
Evening Cortisone	ng/mg CR	24.1		18.0 - 58.5
Bedtime Cortisone	ng/mg CR	14.4		11.1 - 33.4
Cortisol	ng/mg 24hr CR	27.9		17.2 - 49.8
Cortisone	ng/mg 24hr CR	59.0		34.1 - 93.2
Pregnanetriol	ng/mg CR	494.2		128.4 - 601.6
DHEA-S	ng/mg CR	298.0		60.9 - 721.9
DHEA	ng/mg CR	4.9		2.7 - 20.6
Allo-Tetrahydrocortisol (a-THF)	ng/mg CR	37.2		36.2 - 217.0
Tetrahydrodeoxycortisol (THS)	ng/mg CR	19.4	Low	20.5 - 70.1
Tetrahydrocortisone (THE)	ng/mg CR	764.6		467.8 - 1394.2
Tetrahydrocortisol (THF)	ng/mg CR	346.6		247.5 - 739.9
11-Keto (Androsterone + Etiocholanolone)	ng/mg CR	69.1		44.9 - 260.6
11b-Hydroxyandrosterone	ng/mg CR	19.1	Low	30.8 - 164.6
11b-Hydroxyetiocholanolone	ng/mg CR	36.8		35.9 - 235.3
Cortisol Metabolites	ng/mg CR	1148.4		748.4 - 2058.9
Cortisol: Metabolite Ratio	Ratio	1.3		0.8 - 2.5
Total 17-Ketosteroids	ng/mg CR	367.1	Low	399.7 - 1356.6
Total 17-Hydroxysteroids	ng/mg CR	1662.0		1004.6 - 2492.8
Anabolic/Catabolic Ratio	Ratio	0.4	Low	0.5 - 1.7
Cortisol/Cortisone 11B-HSD II	Ratio	0.9		0.8 - 1.6

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