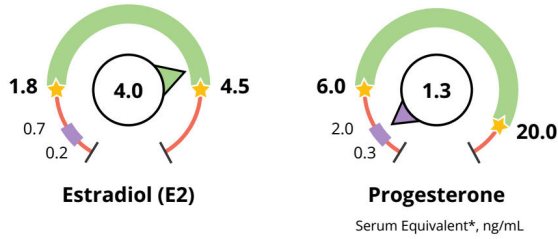


TEST NAME: Female Sample Report_DUTCH Plus 2025

Hormone Testing Summary

ESTROGEN & PROGESTERONE

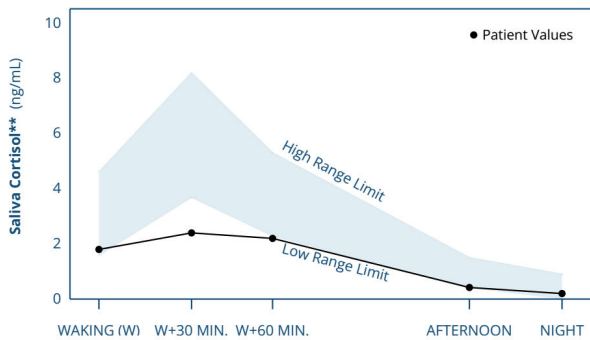


ANDROGENS

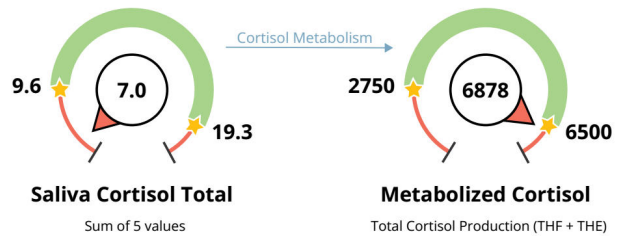
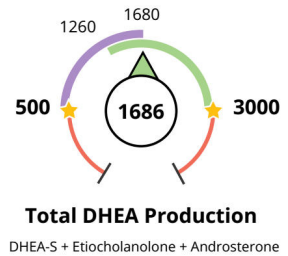


CORTISOL

Saliva Free Cortisol Pattern



Cortisol Clearance Rate



■ Optimal Luteal Range ■ Postmenopausal Range ■ Out of Range ★ Edge of Range

*Progesterone Serum Equivalent is a calculated value based on urine pregnanediol.

**Free cortisol best reflects tissue levels. Metabolized cortisol best reflects total cortisol production.



PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

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TEST NAME: Female Sample Report_DUTCH Plus 2025

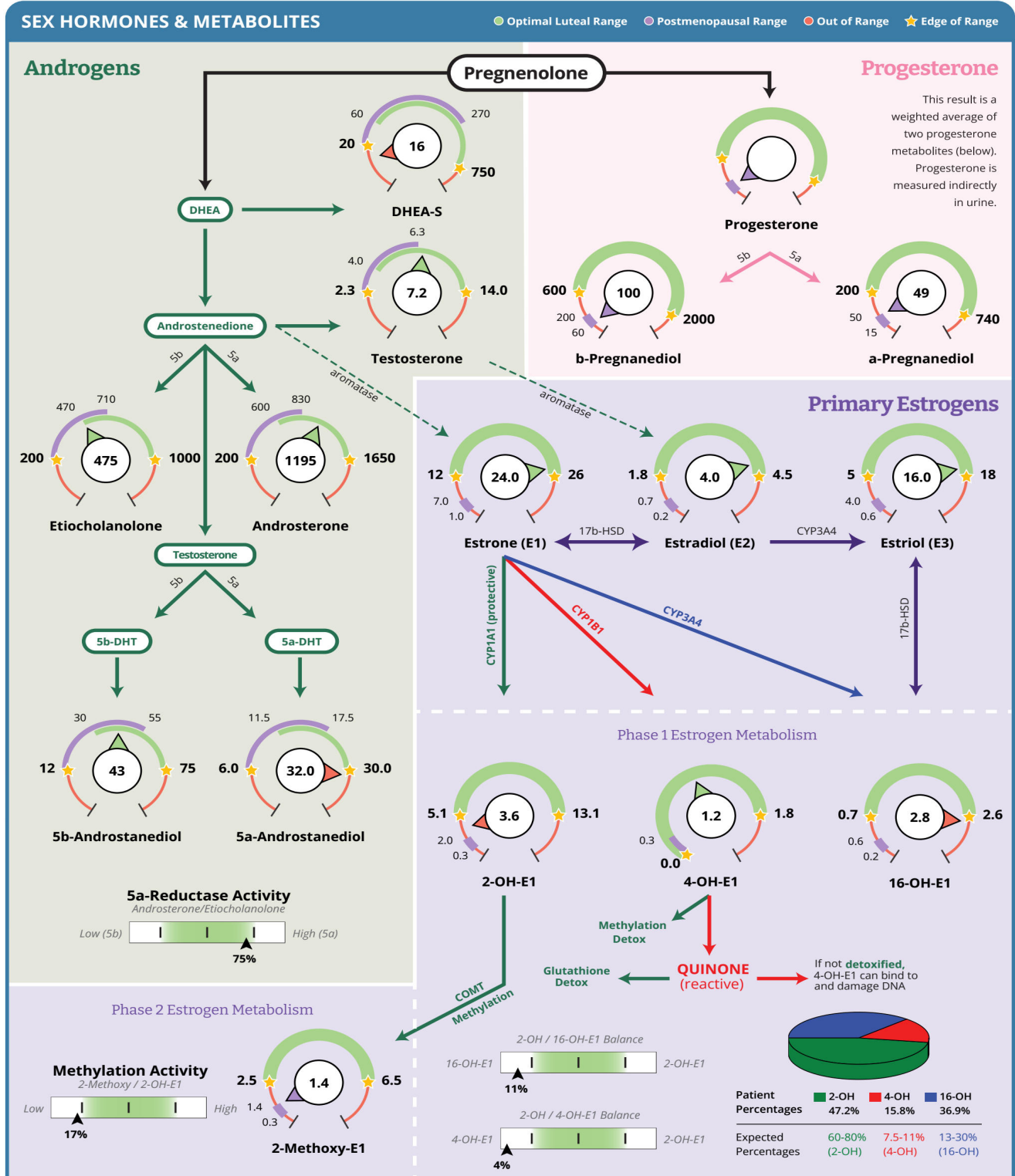
Sex Hormones & Metabolites

| TEST | | RESULT | UNITS | LUTEAL* | POSTMENOPAUSAL |
|--|--------------------------|--------|-------|--------------|----------------|
| Progesterone Metabolites (Urine) | | | | | |
| b-Pregnanediol | Below luteal range | 100.0 | ng/mg | 600 - 2000 | 60 - 200 |
| a-Pregnanediol | Below luteal range | 49.0 | ng/mg | 200 - 740 | 15 - 50 |
| Estrogens and Metabolites (Urine) | | | | | |
| Estrone (E1) | High end of luteal range | 24.01 | ng/mg | 12 - 26 | 1.0 - 7.0 |
| Estradiol (E2) | High end of luteal range | 4.00 | ng/mg | 1.8 - 4.5 | 0.2 - 0.7 |
| Estriol (E3) | High end of luteal range | 16.0 | ng/mg | 5 - 18 | 0.6 - 4.0 |
| 2-OH-E1 | Below luteal range | 3.58 | ng/mg | 5.1 - 13.1 | 0.3 - 2.0 |
| 4-OH-E1 | Within luteal range | 1.20 | ng/mg | 0 - 1.8 | 0 - 0.3 |
| 16-OH-E1 | Above luteal range | 2.80 | ng/mg | 0.7 - 2.6 | 0.2 - 0.6 |
| 2-Methoxy-E1 | Below luteal range | 1.35 | ng/mg | 2.5 - 6.5 | 0.3 - 1.4 |
| 2-OH-E2 | Within luteal range | 0.74 | ng/mg | 0 - 3.1 | 0 - 0.52 |
| 4-OH-E2 | Within luteal range | 0.41 | ng/mg | 0 - 0.52 | 0 - 0.12 |
| Total Estrogen | Within range | 54.1 | ng/mg | 35 - 70 | 3.5 - 15 |
| Metabolite Ratios (Urine) | | | | | |
| 2-OH / 16-OH-E1 Balance | Below range | 1.28 | ratio | 2.69 - 11.83 | |
| 2-OH / 4-OH-E1 Balance | Below range | 2.98 | ratio | 5.4 - 12.62 | |
| 2-Methoxy / 2-OH Balance | Below range | 0.38 | ratio | 0.39 - 0.67 | |
| Androgens and Metabolites (Urine) | | | | Range | |
| DHEA-S | Below range | 16.0 | ng/mg | 20 - 750 | |
| Androsterone | Within range | 1195.0 | ng/mg | 200 - 1650 | |
| Etiocholanolone | Within range | 474.6 | ng/mg | 200 - 1000 | |
| Testosterone | Within range | 7.16 | ng/mg | 2.3 - 14 | |
| 5a-DHT | High end of range | 6.2 | ng/mg | 0 - 6.6 | |
| 5a-Androstanediol | Above range | 32.0 | ng/mg | 6 - 30 | |
| 5b-Androstanediol | Within range | 42.6 | ng/mg | 12 - 75 | |
| Epi-Testosterone | Within range | 8.6 | ng/mg | 2.3 - 14 | |

* The Luteal Range represents the expected premenopausal luteal range, collected menstrual cycle days 19-22 of a 28-day cycle. If your patient noted taking oral progesterone, the reference range represents the expected range on 100 - 200 mg of oral micronized progesterone (OMP). The ranges in the table below represent ranges in other times of the cycle your patient may have collected, such as follicular or ovulatory phases.

| ADDITIONAL NORMAL RANGES | FOLLICULAR | OVULATORY | ON ORAL PG |
|--------------------------|------------|------------|-------------|
| b-Pregnanediol | 100 - 300 | 100 - 300 | 2000 - 9000 |
| a-Pregnanediol | 25 - 100 | 25 - 100 | 580 - 3000 |
| Estrone (E1) | 4.0 - 12.0 | 22 - 68 | N/A |
| Estradiol (E2) | 1.0 - 2.0 | 4.0 - 12.0 | N/A |

TEST NAME: Female Sample Report_DUTCH Plus 2025





PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

AGE: XX

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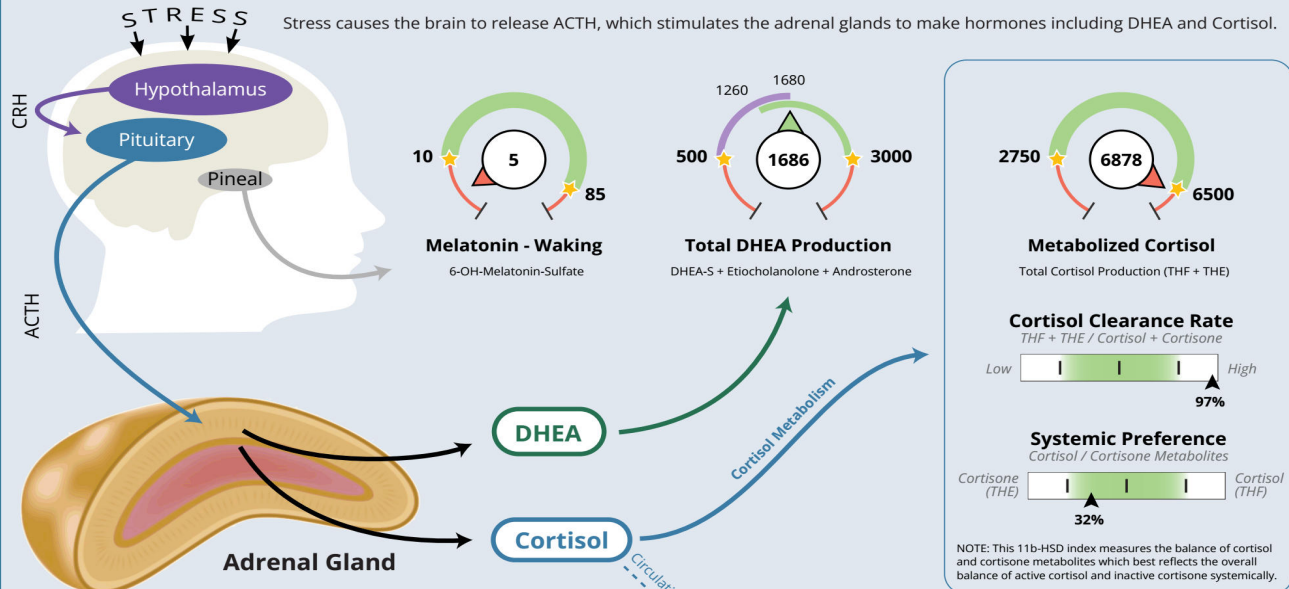
TEST NAME: Female Sample Report_DUTCH Plus 2025

Adrenal Hormones & Metabolites

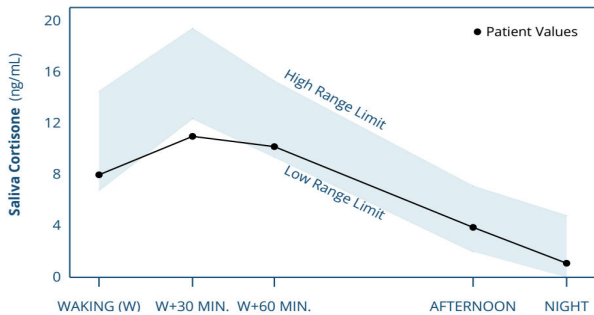
| TEST | | RESULT | UNITS | NORMAL RANGE |
|---|------------------|--------|-------|--------------|
| Free Cortisol and Cortisone (Saliva) | | | | |
| Saliva Cortisol - Waking (W) | Low end of range | 1.80 | ng/mL | 1.6 - 4.6 |
| Saliva Cortisol - W+30 min. | Below range | 2.40 | ng/mL | 3.7 - 8.2 |
| Saliva Cortisol - W+60 min. | Below range | 2.20 | ng/mL | 2.3 - 5.3 |
| Saliva Cortisol - Afternoon | Low end of range | 0.42 | ng/mL | 0.4 - 1.5 |
| Saliva Cortisol - Night | Within range | 0.20 | ng/mL | 0 - 0.9 |
| Saliva Cortisone - Waking (W) | Low end of range | 8.00 | ng/mL | 6.8 - 14.5 |
| Saliva Cortisone - W+30 min. | Below range | 11.00 | ng/mL | 12.4 - 19.4 |
| Saliva Cortisone - W+60 min. | Low end of range | 10.20 | ng/mL | 9.4 - 15.3 |
| Saliva Cortisone - Afternoon | Within range | 3.90 | ng/mL | 2 - 7.1 |
| Saliva Cortisone - Night | Within range | 1.10 | ng/mL | 0 - 4.8 |
| Saliva Cortisol Total | Below range | 7.02 | ng/mL | 9.6 - 19.3 |
| Saliva Cortisone Total | Below range | 34.20 | ng/mL | 36 - 55 |
| Creatinine (Urine) | | | | |
| Creatinine A - Waking | Within range | 0.50 | mg/ml | 0.2 - 2 |
| Creatinine B - Morning | Within range | 0.72 | mg/ml | 0.2 - 2 |
| Creatinine C - Afternoon | Within range | 0.48 | mg/ml | 0.2 - 2 |
| Creatinine D - Night | Within range | 0.34 | mg/ml | 0.2 - 2 |
| Cortisol Metabolites and DHEA-S (Urine) | | | | |
| a-Tetrahydrocortisol (a-THF) | Above range | 464.0 | ng/mg | 75 - 370 |
| b-Tetrahydrocortisol (b-THF) | Within range | 2318.9 | ng/mg | 1050 - 2500 |
| b-Tetrahydrocortisone (b-THE) | Above range | 4095.1 | ng/mg | 1550 - 3800 |
| Metabolized Cortisol (THF + THE) | Above range | 6878.0 | ng/mg | 2750 - 6500 |
| DHEA-S | Below range | 16.0 | ng/mg | 20 - 750 |
| Cortisol Clearance Rate (CCR) | Above range | 166.9 | | 45 - 95 |
| Additional Cortisol and Cortisone (Saliva) | | | | |
| * Saliva Cortisol - Insomnia | Above range | 1.10 | ng/mL | 0 - 0.9 |
| * Saliva Cortisone - Insomnia | Above range | 5.43 | ng/mL | 0 - 4.8 |

TEST NAME: Female Sample Report_DUTCH Plus 2025

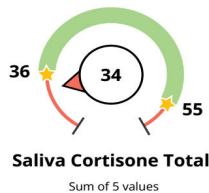
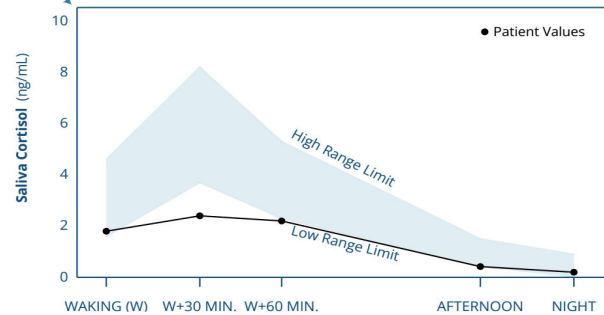
ADRENAL HORMONES & METABOLITES



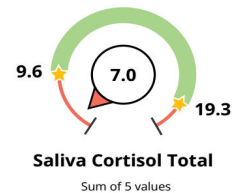
Saliva Free Cortisone Pattern



Saliva Free Cortisol Pattern



Cortisol and Cortisone interconvert (11b-HSD)



- The patient submitted an Insomnia salivary sample. The cortisol result for this sample was 1.10ng/mL (expected range 0-0.9) The cortisone result for this sample was 5.4 ng/mL (expected range 0-4.8)

The Cortisol Awakening Response (CAR) is the rise in salivary cortisol between the waking sample and the sample collected 30 minutes later. **This patient shows a waking cortisol of 1.80 and an increase to 2.40 after 30.0 minutes. This is an increase of 0.60ng/mL or 33.3%.** Preliminary research shows that 50-160% or 1.5-4.0ng/mL increases are common with samples collected 30 minutes after waking. These guidelines are considered research only. **This patient shows a salivary cortisol of 2.20 measured 60 minutes after waking. This is an increase of 0.40ng/mL or 22.2% compared to the waking sample.** To date, data suggests that expected results may be 0-70%, and this guideline is considered for research only.



PATIENT: XXXXXXXXXXXXXXXXXXXX

TEST REF: TST-NL-XXXXX

TEST NUMBER: T-NL-XXXXXX

COLLECTED: 2025-XX-XX

GENDER: XXXXX

PRACTITIONER:

AGE: XX

XXXXXXXXXXXXXXXXXXXXXX

XXXXXXXXXXXXXXXXXXXXXX

TEST NAME: Female Sample Report_DUTCH Plus 2025

Organic Acid Tests (OATs)

| TEST | | RESULT | UNITS | NORMAL RANGE |
|--|--------------|--------|-------|--------------|
| Nutritional Organic Acids (Urine) | | | | |
| Vitamin B12 Marker - May be deficient if high | | | | |
| Methylmalonate (MMA) | Above range | 4.9 | ug/mg | 0 - 2.5 |
| Vitamin B6 Markers - May be deficient if high | | | | |
| Xanthurenate | Above range | 1.23 | ug/mg | 0.12 - 1.2 |
| Kynurenate | Above range | 5.4 | ug/mg | 0.8 - 4.5 |
| Biotin Marker - May be deficient if high | | | | |
| b-Hydroxyisovalerate | Within range | 7.9 | ug/mg | 0 - 12.5 |
| Glutathione Marker - May be deficient if low or high | | | | |
| Pyroglutamate | Within range | 42.0 | ug/mg | 28 - 58 |
| Gut Marker - Potential gut putrefaction or dysbiosis if high | | | | |
| Indican | Above range | 114.0 | ug/mg | 0 - 100 |
| Neuro-Related Markers (Urine) | | | | |
| Dopamine Metabolite | | | | |
| Homovanillate (HVA) | Within range | 4.4 | ug/mg | 3 - 11 |
| Norepinephrine/Epinephrine Metabolite | | | | |
| Vanilmandelate (VMA) | Within range | 4.3 | ug/mg | 2.2 - 5.5 |
| Neuroinflammation Marker | | | | |
| Quinolate | Above range | 13.2 | ug/mg | 0 - 9.6 |
| Additional Markers (Urine) | | | | |
| Melatonin - Waking | | | | |
| 6-OH-Melatonin-Sulfate | Below range | 5.3 | ng/mg | 10 - 85 |
| Oxidative Stress / DNA Damage | | | | |
| 8-Hydroxy-2-deoxyguanosine (8-OHdG) | Within range | 2.6 | ng/mg | 0 - 5.2 |