

Dried Blood Spot Reference Ranges

Disclaimer: Reference ranges are observed ranges based on collected laboratory data. For more information, please contact ZRT Laboratory.

Blood Spot Test	Reference Ranges for WOMEN	Reference Ranges for MEN
Thyroid Tests:		
Free Thyroxine (fT4) ng/dL	0.7-2.5	0.7-2.5
Free Triiodothyronine (fT3) pg/mL	2.4-4.2	2.4-4.2
Thyroglobulin (Tgbn) ng/mL	3-40 Optimum 3-10	3-40 Optimum 3-10
Thyroid Peroxidase Antibodies (TPOab) IU/mL	0-150 Borderline 70-150	0-150 Borderline 70-150
Thyroid Stimulating Hormone (TSH) μ U/mL	0.5-3.0	0.5-3.0
Thyroxine (T4), total μ g/dL	5-10.8	5-10.8
Cardiometabolic Tests:		
Cholesterol (CH), total mg/dL	<200	<200
HDL Cholesterol (HDL) mg/dL	\geq 40	\geq 40
LDL Cholesterol (LDL) mg/dL	<130 Optimum <100	<130 Optimum <100
VLDL Cholesterol (VLDL) mg/dL	<30	<30
Triglycerides (TG) mg/dL	<150	<150
Hemoglobin A1c (HbA1c) %	<6 Optimum 3.5-5.5	<6 Optimum 3.5-5.5
Insulin (Ins), fasting μ IU/mL	1-15 Optimum 2-6	1-15 Optimum 2-6
High-Sensitivity C-Reactive Protein (hsCRP) mg/L	<3	<3
Reproductive Tests:		
Luteinizing Hormone (LH) U/L	Premenopausal - follicular 1.6-9.3 Premenopausal - luteal 0.5-12.8 Postmenopausal 15.0-64.0	Adult 1.0-8.4
Follicle-Stimulating Hormone (FSH) U/L	Premenopausal - follicular 2.4-9.3 Premenopausal - luteal 0.6-8.0 Postmenopausal 31-134	Adult 1.0-10.5
Miscellaneous Tests:		
Sex Hormone Binding Globulin (SHBG) nmol/L	15-120	15-50
Prostate-Specific Antigen (PSA) ng/mL	N/A	<0.5-4 Optimum 0.5-2.0
IGF-1 (Somatomedin C) ng/mL	59-263	59-263
25-OH Vitamin D2 ng/mL	(Unless supplementing) <4	(Unless supplementing) <4
25-OH Vitamin D3 ng/mL	20-80	20-80
25-OH Vitamin D, Total ng/mL	20-80	20-80