

TEST REPORT

8605 SW Creekside Place
Beaverton, OR 97008
Phone: 503-466-2445 Fax: 503-466-1636



2020 09 14 227 SB

Ordering Provider:
Canary Club

Samples Received
09/14/2020

Report Date
09/18/2020

Samples Collected

Saliva - 09/09/20 08:30
Saliva - 09/09/20 13:00
Saliva - 09/09/20 16:20
Saliva - 09/09/20 19:00
Blood Spot - 09/09/20 08:45

Patient Name: Cooper Beaman
Patient Phone Number: 415 317 6417

Gender Male	Height Unspecified	Waist Unspecified
DOB 4/23/1998 (22 yrs)	Weight Unspecified	
TEST NAME	RESULTS 09/09/20	RANGE
Salivary Steroids		
Estradiol	1.1	0.5-2.2 pg/mL
Progesterone	52	12-100 pg/mL
Testosterone	203 H	44-148 pg/mL (Age Dependent)
Blood Spot CardioMetabolic Markers		
hsCRP	0.3	<3 mg/L

<dl = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low.

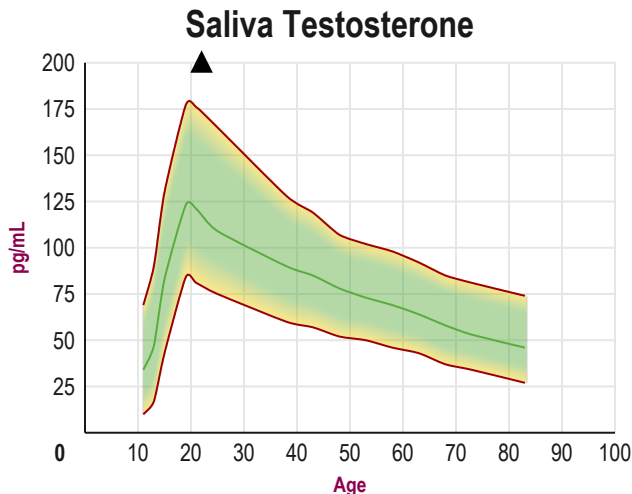
Therapies

None Indicated

Graphs

Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

— Average ▼▲ Off Graph



CLIA Lic # 38D0960950
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The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava

David T. Zava, Ph.D.
Laboratory Director

Alison McAllister, ND

Alison McAllister, ND.
(Ordering Provider unless
otherwise specified on page 1)

Disclaimer: Supplement type and dosage are for informational purposes only and are not recommendations for treatment. For a complete listing of reference ranges, go to www.zrtlab.com/reference-ranges.

TEST NAME	MEN
Estradiol	0.5-2.2 pg/mL
Progesterone	100-500 pg/mL (5-10 mg topical-24 hr); 12-100 pg/mL
Testosterone	44-148 pg/mL (Age Dependent); 115-3700 pg/mL (5-50 mg topical 12-24 hr)
hsCRP	<3 mg/L

TEST REPORT | Patient Reported Symptoms

Cooper Beaman
2020 09 14 227 SB

Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES		RESULTS 09/09/20
Estrogen / Progesterone Deficiency	2%	
Estrogen Dominance / Progesterone Deficiency	8%	
Low Androgens (DHEA/Testosterone)	16%	
High Androgens (DHEA/Testosterone)	8%	
Low Cortisol	14%	
High Cortisol	16%	
Hypometabolism	13%	
Metabolic Syndrome	15%	

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Acne			
ADD/ADHD			
Addictive Behaviors			
Aggressive Behavior			
Allergies			
Anxious			
Apathy			
Autism Spectrum Disorder			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Burned Out Feeling			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Developmental Delays			
Dizzy Spells			
Eating Disorders			
Erections Decreased			
Fatigue - Evening			
Fatigue - Mental			
Fatigue - Morning			
Flexibility Decreased			
Forgetfulness			
Goiter			
Hair - Dry or Brittle			
Hair or Skin Oily			
Headaches			
Hearing Loss			
Heart Palpitations			
Hoarseness			
Hot Flashes			
Infertility			
Irritable			
Joint Pain			
Libido Decreased			
Mania			

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SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Mental Sharpness Decreased			
Muscle Size Decreased			
Muscle Soreness			
Nails Breaking or Brittle			
Neck or Back Pain			
Nervous			
Night Sweats			
Numbness - Feet or Hands			
OCD			
Panic Attacks			
Prostate Cancer			
Prostate Problems			
Pulse Rate Slow			
Rapid Aging			
Rapid Heartbeat			
Ringing In Ears			
Skin Thinning			
Sleeping Difficulty			
Stamina Decreased			
Stress			
Sugar Cravings			
Sweating Decreased			
Swelling or Puffy Eyes/Face			
Triglycerides Elevated			
Urinary Urge Increased			
Urine Flow Decreased			
Weight Gain - Breast or Hips			
Weight Gain - Waist			

Lab Comments

Estradiol and progesterone are within normal ranges.

Testosterone is slightly higher than the observed range for males age range 16-30 y/o (range 72-148), which is common in young men in their middle teens to mid twenties, especially highly trained athletes with a high muscle to fat ratio. Levels in very healthy trained athletes can reach and sometimes exceed 200 pg/ml. These higher levels are also achieved with androgen-containing supplements and testosterone therapy (e.g. 7-keto-DHEA, androstenedione, testosterone). Symptoms most commonly associated with chronic high testosterone are sleep disturbances and agitation (caused by over stimulation of the brain), increased oiliness of the skin, acne, more rapid loss of scalp hair, increase in body hair. Breast tenderness and enlargement can occur when testosterone is converted excessively to estrogens. Estradiol is low, indicating that conversion is low.

High Sensitivity C-Reactive Protein (hs-CRP) is within normal range (< 3 mg/L). Elevated hs-CRP is a marker of inflammation and contributor to pro-inflammatory and pro-thrombotic elements of cardiovascular disease risk.