**Ideal hormone values Hormone levels:**

Progesterone… cycling women

20-22 ng/mL (US) serum

250-300 pg/mL (US) saliva

Progesterone… noncycling women

8-10 ng/mL (US) serum  
100-125 pg/mL (US) saliva

Estradiol… cycling women with normal SHBG

80-100 pg/mL (US) serum

1.30-1.50 pg/mL (US) saliva.

Estradiol… noncycling women with normal SHBG

20-40 pg/mL (US) serum

0.40-0.60 pg/mL (US) saliva

FSH and LH for cycling women should be 1:1 ratio. If LH is higher, that typically means PCOS. Labs must be taken day 2-4 of the cycle while bleeding.

FSH/LH <10 mIU/mL good/healthy egg reserve (nowhere close to meno–chance of conception, <3 excellent, 3-6 good, 6-9 fair)

FSH/LH 10-15 conception difficult but not impossible  
FSH/LH 15-20 perimenopause (probably not ovulating every month)  
FSH/LH 20-30 menopause almost certainly in progress (ovulation rare if at all regardless of bleeding)  
FSH/LH > 30 noncycling/postmenopause

Testosterone… both cycling and noncycling women

Free testosterone

2.10-3.20 pg/mL (US) serum

36-47 pg/mL (US) saliva.

0.04-0.05 nmol/L serum

1.10-1.50 ng/dL serum

Total testosterone

28-38 ng/dL (US) serum

36-47 pg/mL (US) saliva

SHBG… cycling and noncycling women (and men) 75-95 nmol/L

DHEAs (in the absence of adrenal fatigue or PCOS): Serum 175-225 ug/dL Saliva > 13ng/mL