



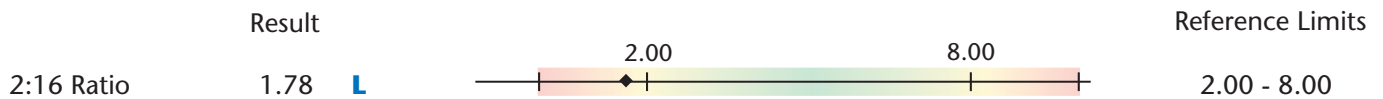
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Accession Number: **A0201090001**  
Patient: **Sample Report**  
Age: 29 Sex: F  
Date Collected: 3/18/05  
Date Received: 3/19/05  
Report Date: 4/6/05  
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Reprinted:  
Comment:

**0142 Estronex™ - 2/16 OH Estrogen Ratio in Urine**

Methodology: Enzyme Immunoassay, Colorimetric Assay



	Result	Normal Limits			ng/mg crea
		Pre-Menopausal	Post-Menopausal without hormone therapy	Post-Menopausal with hormone therapy	
2-Hydroxyestrogens (2OHE)	20.8	3 - 40	2 - 10	10 - 75	
16-Hydroxyestrone (16OHE1)	11.7	3 - 30	2 - 8	5 - 25	

*Creatinine = 100 mg/dl*

The ideal value for the 2/16 ratio is above 2.0. The following have been shown to raise the ratio.

- Cruciferous vegetables (e.g. broccoli, brussel sprouts, cabbage, cauliflower)
- Supplementation of indole-3-carbinol (I-3-C) or diindolylmethane (DIM)
- Soy isoflavones
- Flax seeds (not oil)
- Omega-3-fatty acids (DHA & EPA) found in fish (e.g. mackerel, lake trout, herring, sardines, salmon) and marine algae also may help to lower cancer risk. Assure antioxidant adequacy when adding polyunsaturated oils.

• These guidelines are intended as a starting point for the clinician who requested the test and are based only on the laboratory results included in this report. Final recommendations should be implemented by the clinician with consideration of medical history and current clinical observations.  
• These tests are not intended for the diagnosis of specific disorders.