

Fertility Labs

IDEAL FERTILITY LABS TO BE DRAWN AND THE OPTIMAL RANGES

SERUM B12

- 450–2000 pg/mL

LH

- <7 mIU/ml

CRP-hs

- 0–1 mg/L

FASTING INSULIN

- <7 uIU/mL

VITAMIN D, 25-HYDROXY

- 50–80 ng/mL

FASTING GLUCOSE

- < 90 mg/dL

ESTRADIOL

- 30 - 50 pg/mL
- To be taken on cycle day 3

HEMOGLOBIN A1C

- 4.6–5.3%

PROGESTERONE

- > 15 ng/mL
- For the most accurate results this needs to be taken 7 days post ovulation, *not* just on cycle day 21 (which might be too early or late depending on when you personally ovulate).

HOMA-IR

- 0.5-1.4
- This is not a lab to be drawn- it's a calculation of insulin resistance based off of fasting insulin and fasting glucose.
- Use [this calculator](#) after you have your insulin/glucose results.

FSH

- 3-6 mIU/ml
- >10 = diminished reserve

HOMOCYSTEINE

- < 7 μ mol/L

DHEA-S

- 60-120 ug/dl; taken cycle day 3

PROLACTIN

- <24 ng/ml; taken cycle day 3

FREE TESTOSTERONE

- 0.3 - 1.9 ng/dL

TOTAL TESTOSTERONE

- 25 - 50 ng/mL

TSH

- 0.5–2.0 μ IU/mL

T3 FREE

- 2.5–4.0 pg/mL

T3 TOTAL

- 100–180 ng/dL

T3 REVERSE

- 9.2–24.1 ng/dL

T3 UPTAKE

- Male: 30–38%; Female: 28–35%

T4 FREE

- 1.0–1.5 ng/dL

T4 TOTAL

- 6–12 μ g/dL

TG ANTIBODIES

- < 1.0 IU/mL

TPO ANTIBODIES

- 0-34 IU/mL