longevity lab

PERSONALISED HEALTH

Male Hormone *Health report*

FOR

DANIEL CARTER

PERSONALISED MALE HORMONE HEALTH

Your results, personalised Longevity Lab feedback and practical next steps for your hormonal health.

DATE OF BIRTH	19 April 1984
RESULT DATE	10 September 2026
REPORT PREPARED	12 September 2026
SOURCE REFERENCE	LH-260910-207

YOUR PERSONAL REPORT

Prepared from your results and Health Profile.
Keep this report for your follow-up review.

YOUR HEALTH SNAPSHOT

THE MOST IMPORTANT FINDINGS FIRST

YOUR RESULTS AT A GLANCE

Daniel, three results need attention: total testosterone and calculated free testosterone are low, while prolactin is raised. This pattern may be relevant to your lower libido, fewer morning erections and reduced energy. Your other nine results are within the ranges shown. Our focus is to clarify the hormone findings and make sleep, meals and training recovery more consistent while the results are reviewed.

MALE HORMONAL HEALTH

HEALTH SCORE

9 results within range

3 results outside range

9 of 12 within range = 75/100.
A summary of your result pattern, not a diagnosis.

TOP PRIORITIES

1 CONFIRM THE TESTOSTERONE RESULTS

Total testosterone is 8.0 nmol/L and free testosterone is 0.162 nmol/L. Agree a repeat morning fasting sample and review both results alongside your symptoms.

2 CLARIFY THE PROLACTIN RISE

Prolactin is 520 mIU/L. Review medicines, supplements and collection conditions, then agree whether a repeat sample or further assessment is needed.

3 MAKE RECOVERY MORE CONSISTENT

Your usual six hours of sleep leaves little recovery time. Gradually extend your sleep opportunity and keep training manageable while the low energy is reviewed.

HEALTH OVERVIEW

FSH
4.4 IU/L
Within range
1.5 - 12.4 IU/L

TOTAL TESTOSTERONE
8.0 nmol/L
Below range
8.64 - 29 nmol/L

FREE TESTOSTERONE
0.162 nmol/L
Below range
0.198 - 0.619 nmol/L

SHBG
28 nmol/L
Within range
18.3 - 54.1 nmol/L

TSH
1.8 mIU/L
Within range
0.27 - 4.2 mIU/L

9AM CORTISOL
360 nmol/L
Within range
166 - 507 nmol/L

KEY TAKEAWAY I Read the results with your symptoms, history and any subsequent tests.

BIOMARKER DASHBOARD

LABORATORY REFERENCE + LONGEVITY LAB ZONE

HOW TO READ THIS DASHBOARD

LABORATORY RANGE | OUTSIDE LAB RANGE | LL DESIRED RANGE

Gold outline = desired range. Green = laboratory range. Black pointer = your result.

ANDROGENS | BELOW RANGE | 01

Total Testosterone

8.0 nmol/L

LABORATORY REFERENCE: 8.64 - 29 nmol/L

LL DESIRED RANGE: 15 - 25 nmol/L

LONGEVITY LAB FEEDBACK

Below range. Total testosterone measures the circulating hormone. Interpret it with free testosterone, symptoms and sample timing.

Symptoms, timing and repeat results

ANDROGENS | BELOW RANGE | 02

Free Testosterone

0.162 nmol/L

LABORATORY REFERENCE: 0.198 - 0.619 nmol/L

LL DESIRED RANGE: 0.3 - 0.5 nmol/L

LONGEVITY LAB FEEDBACK

Below range. Calculated free testosterone estimates the fraction not strongly protein-bound. Interpret it with total testosterone and SHBG.

Read with total testosterone and SHBG

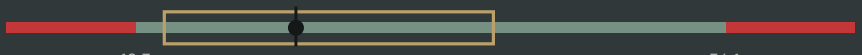
ANDROGENS | WITHIN RANGE | 03

SHBG

28 nmol/L

LABORATORY REFERENCE: 18.3 - 54.1 nmol/L

LL DESIRED RANGE: 20 - 40 nmol/L



LONGEVITY LAB FEEDBACK

Within range. SHBG carries testosterone and affects its availability. Read it alongside total and calculated free testosterone.

Hormone availability and clinical context

HORMONE CONTROL | WITHIN RANGE | 04

LH

3.2 IU/L

LABORATORY REFERENCE: 1.7 - 8.6 IU/L

LL DESIRED RANGE: 2 - 6 IU/L

LONGEVITY LAB FEEDBACK

Within range. LH signals the testes to produce testosterone. Review the pattern alongside FSH and testosterone.

Assess the complete signalling pattern

HORMONE CONTROL | WITHIN RANGE | 05

FSH

4.4 IU/L

LABORATORY REFERENCE: 1.5 - 12.4 IU/L

LL DESIRED RANGE: 2 - 8 IU/L

LONGEVITY LAB FEEDBACK

Within range. FSH supports sperm production. A result outside the interval needs clinical context; it cannot establish fertility or its cause alone.

Review with your doctor if outside range

HORMONE CONTROL | WITHIN RANGE | 06

Oestradiol

95 pmol/L

LABORATORY REFERENCE: 41.4 - 159 pmol/L

LL DESIRED RANGE: 60 - 120 pmol/L

LONGEVITY LAB FEEDBACK

Within range. Oestradiol supports bone health and sexual function in men. Interpret it within the wider hormone profile.

Symptoms and the wider hormone profile

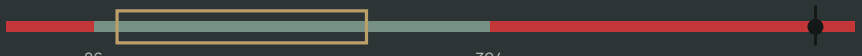
HORMONE CONTROL | ABOVE RANGE | 07

Prolactin

520 mIU/L

LABORATORY REFERENCE: 86 - 324 mIU/L

LL DESIRED RANGE: 100 - 250 mIU/L



LONGEVITY LAB FEEDBACK

Above range. Raised prolactin can affect reproductive hormone signalling. Medicines and sampling conditions can influence this result.

Review medicines and symptom context

BIOMARKER DASHBOARD

LABORATORY REFERENCE + LONGEVITY LAB ZONE

HOW TO READ THIS DASHBOARD

LABORATORY RANGE | OUTSIDE LAB RANGE | LL DESIRED RANGE

Gold outline = desired range. Green = laboratory range. Black pointer = your result.

ANDROGENS | WITHIN RANGE | 08

Albumin

45 g/L

LABORATORY REFERENCE: 35 - 50 g/L

LL DESIRED RANGE: 40 - 48 g/L

LONGEVITY LAB FEEDBACK

Within range. Albumin is a blood protein that binds hormones. It contributes to the calculation of free testosterone in this panel.

Interpret with SHBG and free testosterone

CONTEXT | WITHIN RANGE | 09

TSH

1.8 mIU/L

LABORATORY REFERENCE: 0.27 - 4.2 mIU/L

LL DESIRED RANGE: 0.5 - 2.5 mIU/L

LONGEVITY LAB FEEDBACK

Within range. TSH signals the thyroid to produce hormones. Read it with free T4, thyroid medicines and symptoms.

Assess the full thyroid profile

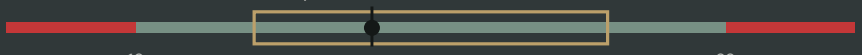
CONTEXT | WITHIN RANGE | 10

Free T4

16 pmol/L

LABORATORY REFERENCE: 12 - 22 pmol/L

LL DESIRED RANGE: 14 - 20 pmol/L



LONGEVITY LAB FEEDBACK

Within range. Free T4 measures circulating unbound thyroxine. Interpret it alongside TSH and relevant treatment.

Laboratory range, TSH and clinical context

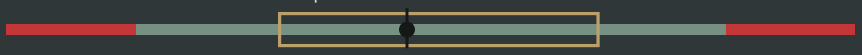
CONTEXT | WITHIN RANGE | 11

Free T3

4.8 pmol/L

LABORATORY REFERENCE: 3.1 - 6.8 pmol/L

LL DESIRED RANGE: 4 - 6 pmol/L



LONGEVITY LAB FEEDBACK

Within range. Free T3 is an active thyroid hormone. Read it with TSH and free T4 rather than targeting the number alone.

Interpret the full thyroid profile

CONTEXT | WITHIN RANGE | 12

9am Cortisol

360 nmol/L

LABORATORY REFERENCE: 166 - 507 nmol/L

LL DESIRED RANGE: 250 - 450 nmol/L

LONGEVITY LAB FEEDBACK

Within range. Cortisol depends on collection time, medicines and clinical context. A single result does not measure chronic stress.

Confirm collection timing and clinical purpose

YOUR SAMPLE AND HEALTH CONTEXT

Age 42. Lower libido, fewer morning erections and reduced energy over six months. Usually sleeps six hours and strength-trains three times weekly. No hormone treatment, anabolic steroids or regular medicines reported. No headaches, visual changes or nipple discharge. Fasting blood sample collected at 9am.

LONGEVITY LAB FEEDBACK

YOUR RESULTS IN CONTEXT

1 PRIORITY 01

CONFIRM LOW TESTOSTERONE

Your total testosterone is 8.0 nmol/L and calculated free testosterone is 0.162 nmol/L, both below their laboratory intervals. SHBG of 28 nmol/L and albumin of 45 g/L are within range. The low testosterone pattern may relate to your reduced libido and fewer morning erections, but one sample does not establish a lasting deficiency. A repeat morning fasting result and your symptoms should guide the next decision.

2 PRIORITY 02

PROLACTIN AND HORMONE SIGNALLING

Prolactin is 520 mIU/L, above the laboratory upper limit of 324. Raised prolactin can influence reproductive hormone signalling, although this result does not establish the cause of your low testosterone. LH of 3.2 IU/L and FSH of 4.4 IU/L are within range; they are not raised alongside the low testosterone. Review the whole pattern and whether the prolactin rise persists before choosing treatment.

3 PRIORITY 03

THYROID, OESTRADIOL AND CORTISOL

TSH of 1.8 mIU/L, free T4 of 16 pmol/L and free T3 of 4.8 pmol/L are within range. Oestradiol is also within range at 95 pmol/L. Your 9am cortisol of 360 nmol/L is within the morning interval shown. These results provide useful context, but they do not rule out every cause of fatigue. A single cortisol result does not measure your long-term stress or training recovery.

OVERALL IMPRESSION

The low testosterone pattern and raised prolactin deserve follow-up together. Your nine in-range results offer useful context, but they do not cancel out the symptoms you have noticed. Aim to leave your review with clear repeat-testing arrangements and an agreed follow-up date. Track how you feel alongside the numbers; the score alone should not determine your next step.

MARKERS TO CONSIDER TOGETHER

Total testosterone + calculated free testosterone + SHBG + albumin: hormone availability.
FSH + LH + testosterone: signalling and testicular response.
TSH + free T4 + free T3: the thyroid profile.
Cortisol: consider availability, collection time and clinical purpose.

DOCTOR'S COMMENTS

Your doctor's comments follow on the next page. The feedback above is from Longevity Lab and should be read alongside them.

DOCTOR'S COMMENTS

YOUR RESULTS AND FOLLOW-UP

Total testosterone and calculated free testosterone are below the stated intervals. Repeat morning fasting testosterone and assess symptoms before diagnosing persistent deficiency. Prolactin is elevated at 520 mIU/L; review possible influences and confirm persistence. LH and FSH are within range and should be interpreted alongside the low testosterone. Thyroid indices, oestradiol and the recorded 9am cortisol are within their stated intervals. Further assessment should be guided by the repeat results and clinical context.

REFERENCES FOR LONGEVITY LAB FEEDBACK

[1] Endocrine Society: Testosterone Therapy for Hypogonadism.
[2] NIDDK: Prolactin and prolactinoma.

PERSONALISED ACTION PLAN

LONGEVITY LAB FEEDBACK I YOUR NEXT STEPS

LIFESTYLE

- Move bedtime earlier gradually from your usual six-hour sleep window. Keep a consistent waking time and track your energy.
- Note libido and morning erections alongside sleep and energy. Bring this diary to your results review.
- Keep walking and strength training manageable. Allow recovery days and ease back if fatigue affects performance.
- Follow repeat-test fasting and timing instructions. Arrive with time to settle and mention recent illness or hard exercise.

NUTRITION

- Make breakfast regular: eggs with vegetables and potatoes, or oats with yoghurt and fruit. Choose enough to suit your appetite.
- Build lunch around fish, chicken, beans or tofu, vegetables and a whole-food carbohydrate. Avoid routinely skipping it.
- After strength sessions, eat a balanced meal with protein and enough energy. Avoid aggressive dieting while fatigue persists.
- Enjoy varied foods and suitable fats. This test does not identify a food that will correct raised prolactin.

SUPPLEMENTATION

CORE SUPPLEMENTS

Consider these after checking your diet and current supplements:

- Probiotic + prebiotic
- Multivitamin / mineral
- Omega-3
- Magnesium
- Zinc

SPECIFIC SUPPLEMENTATION

With low testosterone and prolactin at 520 mIU/L, we recommend no hormone-active supplement before follow-up. This panel did not measure nutrient levels. Add targeted nutrients only if diet or further tests support a need. Check your multivitamin before adding extra zinc.

ACTION TIMELINE

NOW	CLINICIAN REVIEW	IF REPEATING	AFTER RESULTS
Start your sleep and symptom diary.	Discuss flagged results, symptoms and relevant history.	Agree timing and preparation with the clinician.	Review the trend and agree the next action.

NEXT STEPS

Arrange a results review to agree repeat morning fasting testosterone and follow-up for prolactin. Bring your symptom diary and any medicine or supplement labels. Confirm the preparation and timing before booking the next sample. Seek prompt medical advice if new persistent headaches, visual changes or nipple discharge develop.

A personalised starting point. Review the plan as your circumstances change.

Your supplement plan

LONGEVITY LAB FEEDBACK

Core supplements | Product choices matched to your results and daily routine. Follow the instructions for you; the label dose is shown separately.

PROBIOTIC + PREBIOTIC	No daily product selected; use tolerated fibre foods.	**UltraFlora Fibre Sachets** Label: 1 sachet in 150 ml water, up to twice daily View your plan & product details
MULTIVITAMIN / MINERAL	Optional only for a confirmed intake gap after product review.	**Multi Essentials for Men** Label: 1 tablet daily with a meal View your plan & product details
OMEGA-3	Optional only if a fish-intake review shows a useful gap.	**OmegaGenics High Strength Omega-3 Fish Oil Capsules** Label: 1 capsule daily with food; EPA 600 mg + DHA 400 mg View your plan & product details
MAGNESIUM	Optional trial after review: use one magnesium product only.	**Magnesium Glycinate Tablets** Label: 2-4 tablets daily; 100 mg magnesium per tablet View your plan & product details
ZINC	No extra zinc selected; count any zinc in a multivitamin.	**Zinc Picolinate** Label: 1-3 capsules daily; 15 mg zinc per capsule View your plan & product details
VITAMIN D	Optional after seasonal, diet and existing-product review.	**Vitamin D3 Drops 1000 IU** Label: 1-5 single drops daily; 1000 IU per drop View your plan & product details

Choose products through your private Longevity Lab account. The same nutrient can be supplied by more than one product: your plan explains what is already covered and which options should be used separately.

Specific supplementation

LONGEVITY LAB FEEDBACK

Low total and free testosterone with prolactin 520 mIU/L need follow-up. Nutrient levels were not measured.

YOUR RESULT-BASED PRIORITIES

Prioritise repeat morning testosterone and prolactin review, with your sleep and symptom diary. Six-hour sleep and missed lunches deserve attention, but do not prove magnesium or zinc deficiency. Avoid hormone boosters and prolactin-lowering blends. Plain magnesium is only an optional dietary or symptom-led trial after review; no 5-HTP or Night Plus stack is selected.

YOUR DAILY AMOUNTS

No new core product is selected for daily use. Label amounts describe options, not a combined daily stack. Any treatment dose will be agreed separately.

REVIEW YOUR RESPONSE

Review symptoms, treatment tolerance and the agreed repeat tests with your clinician. Bring every medicine and supplement label; recalculate totals whenever a product changes.

OPEN YOUR PRIVATE SUPPLEMENT GUIDE

See product details, doses and account-linking guidance before shopping. Longevity Lab earns commission on qualifying linked orders and can view the linked account's order history. You can choose where to buy your supplements.