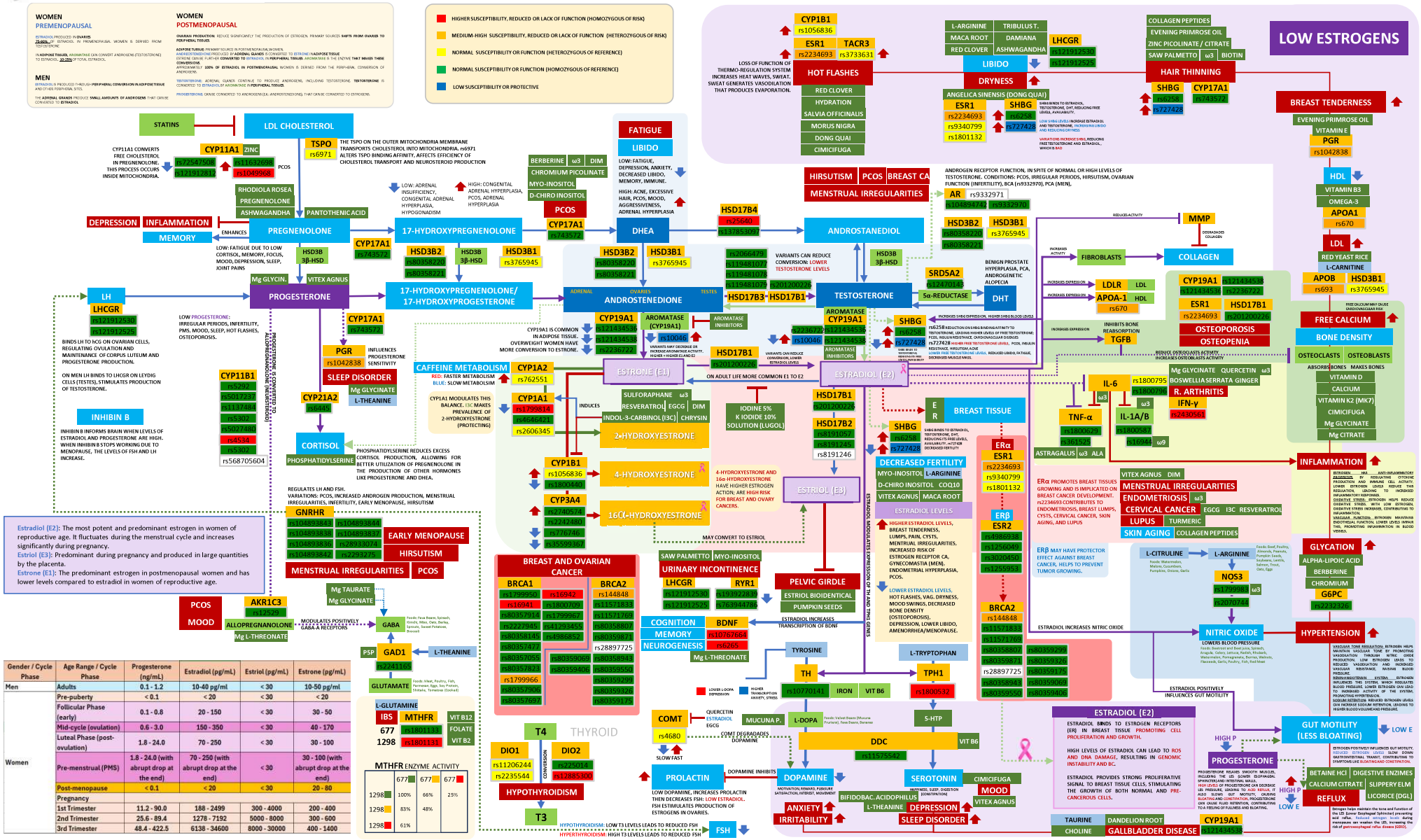
PERSONALIZED WOMAN PATHWAY

OPTIMIZING HEALTH DURING PERI AND POST-MENOPAUSE TRANSITION

PATIENT: Sample
DATE: 22-10-2025



Gender / Cycle Phase	Age Range / Cycle Phase	Progesterone (ng/mL)	Estradiol (pg/mL)	Estriol (pg/mL)	Estrone (pg/mL)
Men	Adults	0.1 - 1.2	10-40 pg/ml	< 30	10-50 pg/ml
Women	Pre-puberty	< 0.1	< 20	< 30	< 20
	Follicular Phase (early)	0.1 - 0.8	20 - 150	< 30	30 - 50
	Mid-cycle (ovulation)	0.6 - 3.0	150 - 350	< 30	40 - 170
	Luteal Phase (post-ovulation)	1.8 - 24.0	70 - 250	< 30	30 - 100
	Pre-menstrual (PMS)	1.8 - 24.0 (with abrupt drop at the end)	70 - 250 (with abrupt drop at the end)	< 30	30 - 100 (with abrupt drop at the end)
	Post-menopause	< 0.1	< 20	< 30	20 - 80
	Pregnancy				
	1st Trimester	11.2 - 90.0	188 - 2499	300 - 4000	200 - 400
	2nd Trimester	25.6 - 89.4	1278 - 7192	5000 - 8000	300 - 600
	3rd Trimester	48.4 - 422.5	6138 - 34600	8000 - 30000	400 - 1400