

UNDERSTANDING YOUR TESTOSTERONE LABS

Your lab results are a tool — not the goal. Here's what each marker means and how we use the full picture together.



Total Testosterone

- **What it is:** Total amount of testosterone in your blood — bound and free combined
- **Optimal on TRT:** 800-1,200 ng/dL — though optimal is wherever YOU feel your best
- **Key point:** A starting reference, not the most important number

Free Testosterone

- **What it is:** The biologically active testosterone your cells can actually use
- **Optimal:** 200-300 pg/mL — also reported as 20-30 ng/dL depending on the lab (same value, different units)
- **Key point:** This is the most important marker for how you feel. High Total T with low Free T still means symptoms. SHBG is what drives this difference.

Estradiol (E2) & the T:E Ratio

- **What it is:** Estrogen — men need it. Formed naturally from testosterone.
- **Key point:** We look at the ratio of testosterone to estradiol, not E2 in isolation. As T rises, some E2 rise is expected and appropriate.
- **E2 supports:** libido, mood, bone density, cardiovascular health, joint lubrication

SHBG (Sex Hormone Binding Globulin)

- **What it is:** A protein that binds testosterone and makes it unavailable
- **Optimal:** 25-30 nmol/L
- **Key point:** High SHBG = lower Free T even when Total T looks normal

Other Key Markers

- **Hematocrit:** Red blood cell percentage — monitored to protect cardiac health on TRT
- **PSA:** Prostate marker — baseline and annual monitoring
- **CBC, CMP, Lipids:** General metabolic health screening



We treat YOU, not your labs. Your symptoms, energy, libido, and quality of life are the real targets.