



Testosterone Lab Test Patient Guidebook

TOTAL TESTOSTERONE

This test shows how much testosterone is in your blood overall. It counts both the testosterone that is “free” and the testosterone that is attached to proteins. Total testosterone gives a big-picture view of your hormone level. It helps show if your body is making more or less testosterone than expected. Below, we’ve organized what low, normal, and high total testosterone levels may indicate, based on your blood test results.

Low < 8.2	Your total testosterone level is below the usual range. This can be influenced by age, stress, sleep, illness, medications, or other health factors. Understanding your level can help guide follow-up conversations.
Normal 8.4 to 28.8	Your total testosterone level is within the usual range. This suggests your overall testosterone level is where it’s typically expected to be.
High > 28.8	Your total testosterone level is above the usual range. This may be related to supplements, medications, or hormone therapy. A healthcare provider may recommend reviewing this result in context.

FREE TESTOSTERONE

Free testosterone is the small amount of testosterone that is not attached to anything in your blood. Because it is not attached, this type of testosterone is easy for your body to use. Free testosterone can help explain symptoms when the total testosterone number does not tell the whole story. Below, we’ve outlined what low, normal, and high free testosterone levels may indicate, based on your blood test results.

Low < 179	Your free testosterone level is below the usual range. This means less testosterone is available for the body to use, even if total testosterone appears normal.
Normal 179 to 475	Your free testosterone level is within the usual range. This suggests testosterone availability is where it’s typically expected to be.
High > 475	Your free testosterone level is above the usual range. This may be influenced by medications, supplements, or hormone therapy.

BIOAVAILABLE TESTOSTERONE

Bioavailable testosterone includes free testosterone plus testosterone that is loosely attached to a blood protein called albumin. This number shows how much testosterone is ready for your body to use right away. It can be helpful when other test results seem unclear. Below, we've outlined what low, normal, and high bioavailable testosterone levels may indicate, based on your blood test results.

Low < 3.6	Your bioavailable testosterone level is below the usual range. This reflects less testosterone available to actively affect tissues in the body.
Normal 3.6 to 11.2	Your bioavailable testosterone level is within the usual range. This suggests the amount of testosterone available for use by the body is where it's typically expected to be.
High > 11.2	Your bioavailable testosterone level is above the usual range. This may be related to external testosterone use or other factors affecting hormone balance.

SEX HORMONE-BINDING GLOBULIN

Sex Hormone-Binding Globulin (SHBG) is a protein made by the liver. It grabs onto testosterone and carries it through the blood. SHBG affects how much testosterone is free or available. Below, we've outlined what low, normal, and high SHBG levels may indicate, based on your blood test results.

Low < 19.0	Your SHBG level is below the usual range. Lower SHBG can increase the amount of testosterone available for use, even when total testosterone is normal.
Normal 19.0 to 76.0	Your SHBG level is within the usual range. This suggests testosterone binding and availability are balanced.
High > 76.0	Your SHBG level is above the usual range. Higher SHBG can reduce the amount of testosterone available for use by the body, even if total testosterone appears normal.

SUPPORTING YOUR HEALTH JOURNEY

This Patient Guidebook outlines some recommendations to support your wellness journey. This Patient Guidebook helps you understand your testosterone test results. It explains what normal, low, and high levels mean. It is for education only and does not give medical advice or treatment recommendations.

Your results are one part of your overall health. Only a healthcare provider can review your full health history and explain what your results mean for you.

Before making changes to your diet, exercise, supplements, or treatment, speak with a healthcare provider. They can help you understand your results and decide if any next steps are right for you.

Everyone's body is different. A healthcare provider can help you make the best choices based on your personal health and symptoms.

Thank you for trusting LifeLabs® with your care.