PsyLab
BIOCHEMICAL MENTAL HEALTH
ANALYSIS · TEST · SAMPLE · NUTRITIONAL SUPPORT

SAMPLE RESULT

Thyroid — subclinical hypothyroidism (T3 and T4 in 24-hour urine)

NAME **Sample Person**	SEX / AGE **female, 38 years**	SAMPLE **24-hour urine (collected at home)**
COLLECTION DATE **12 Oct 2026**	SAMPLE NUMBER **SZ-000000**	RESULT DATE **30 Oct 2026**

MARKER	RESULT	UNIT	REFERENCE RANGE	POSITION IN RANGE	ASSESSMENT
Thyroid hormones					
T3 (triiodothyronine)	**290**	pmol/24 h	300 – 1 400		**low**
T4 (thyroxine)	**610**	pmol/24 h	200 – 1 700		**in range**
T3 / T4 ratio	**0.48**	ratio	0.6 – 1		**low**
Iodine and collection volume					
Iodine	**210**	µg/24 h	150 – 500		**in range**
24-hour urine volume	**1 650**	ml	1 000 – 2 200		**in range**

Interpretation

T3 is below the reference range, T4 is within the range and the T3/T4 ratio is reduced — the body converts less T4 into active T3. This pattern corresponds to **subclinical (functional) hypothyroidism**, which the standard TSH blood test often misses. It is typically associated with tiredness, feeling cold, sluggishness, low mood and weight gain.

Recommended next step

We will explain your result in a 45-minute educational consultation (€99). Nutritional support (iodine, selenium, zinc) is set in the Consultation with a Doctor (€225). Blood tests for TSH, fT4 and fT3 belong with a doctor.

Never change thyroid medication without a doctor. This is a sample result with made-up values — it only shows what a result looks like. A real result contains the values from your sample and the laboratory's reference ranges. A test result is not a diagnosis; only a doctor can make a diagnosis.