

Table E.4 Hormone Levels

Test	Normal Values
Steroid hormones	
Aldosterone	Excretion: 5–19 mg/24 h*
Fasting at rest, 210 mEq sodium diet	Supine: 48 ± 29 pg/mL† Upright: 65 ± 23 pg/mL
Fasting at rest, 10 mEq sodium diet	Supine: 175 ± 75 pg/m Upright: 532 ± 228 pg/mL
Cortisol	
Fasting	8 A.M.: 5–25 µg/100 mL
At rest	8 P.M.: Below 10 µg/100 mL
Testosterone	Adult male: 300–1100 ng/100 mL‡ Adolescent male: over 100 ng/100 mL Female: 25–90 ng/100 mL
Peptide hormones	
Adrenocorticotropin (ACTH)	15–170 pg/mL
Calcitonin	Undetectable in normals
Growth hormone (GH)	
Fasting, at rest	Below 5 ng/mL
After exercise	Children: over 10 ng/mL Male: below 5 ng/mL Female: up to 30 ng/mL
Insulin	
Fasting	6–26 µU/mL
During hypoglycemia	Below 20 µU/mL
After glucose	Up to 150 µU/mL
Luteinizing hormone (LH)	Male: 6–18 mU/mL Preovulatory or postovulatory female: 5–22 mU/mL Midcycle peak 30–250 mU/mL
Parathyroid hormone	Less than 10 microl equiv/L
Prolactin	2–15 ng/mL
Renin activity	
Normal diet	
Supine	1.1 ± 0.8 ng/mL/h
Upright	1.9 ± 1.7 ng/mL/h
Low-sodium diet	
Supine	2.7 ± 1.8 ng/mL/h
Upright	6.6 ± 2.5 ng/mL/h
Thyroid-stimulating hormone (TSH)	0.5–3.5 µU/mL
Thyroxine-binding globulin	15.25 µg T ₄ /100 mL
Total thyroxine	4–12 µg/100 mL

*1 microgram (1 µg) is equal to 10⁻⁶ g.†1 picogram (1 pg) is equal to 10⁻¹² g.‡1 nanogram (1 ng) is equal to 10⁻⁹ g.