

Testosterone Levels Video Transcript

The cisgender male range of naturally produced testosterone in your bloodstream is anywhere between 8.60 – 29nmol/L and the cisgender female range is between 0.3-1.7nmol/L.

The standard Testosterone levels that are looked to be achieved by UK NHS Gender Identity Clinics treating AFAB (assigned female at birth) binary trans males are:

15-20nmol/L (gel)

8-12 nmol/L trough / 25-30 nmol/L peak (injectables)

These can be slightly different depending on what clinic you are at, but it is a good baseline range.

All our bodies are different and when on hormone replacement therapy (HRT) the dosage or levels that are best for others might not be best for you.

Your Testosterone levels can fluctuate when working with your endocrinologist to the levels that work best for you.

Try not to worry and be patient.