VITALS VAULT

FREE GUIDE

Why is my SHBG high or low?

SHBG is a protein that binds sex hormones. When it runs high, less testosterone is free to use, even when the total looks normal. Many everyday things move it.

LINKED WITH HIGHER SHBG

- [ ] Heavy alcohol use
- [ ] Low protein intake
- [ ] Very low calorie intake
- [ ] Overactive thyroid
- [ ] Prolonged stress

LINKED WITH LOWER SHBG

- [ ] Fatty liver
- [ ] Insulin resistance or high blood sugar
- [ ] Excess weight
- [ ] High fructose intake
- [ ] PCOS

OTHER LABS THAT ADD CONTEXT

- [ ] TSH and free T4
- [ ] Liver enzymes
- [ ] Fasting insulin and triglycerides
- [ ] Total and free testosterone

QUESTIONS TO ASK

- [ ] Was SHBG measured along with my testosterone?
- [ ] Could anything I ticked explain my level?
- [ ] Do any of the other labs need checking?

Sources: Thaler 2015. Goldstajn 2016. Ho 2023. These are associations, not causes.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com