



NUTRITIONAL LAB
SERVICES

PO BOX 4233
BURWOOD EAST VIC

Lab id : **12345678**

Test Sleep

Date of Birth : May 26, 1958

Sex : M

Collected : October 02, 2008

www.nlabs.com.au

Ph: (03) 9803 5335 Fax: (03) 9888 5811

ENDOCRINOLOGY SALIVA

SALIVA	Result	Range		
Melatonin (Saliva)-Morning	11 *h	0 - 3	pg/mL	
Melatonin (Saliva)-Evening	20 *h	0 - 12	pg/mL	

Saliva Hormone Comments

SALIVARY HORMONE REFERENCE RANGES: (NOT ON HRT - BASELINE)

	E2	E1	E3	Progesterone	DHEAS
FEMALE					
Follicular	<18	9.6-20	15-29	<318	
Mid-Cycle	11-29	9.6-20	15-29	-	
Luteal	<18	9.6-20	15-29	318-1590	
Post Men.	<6	9.6-20	1-41	<159	<6.5
Premenopausal, no oral contraceptives					2.5-25.0
Premenopausal, with oral contraceptives					2.0-8.0
MALE					
	<6	9.6-20	16-25	<159	5.0-30.0

TARGET REFERENCE RANGES: (ON HRT - 24hr post last dose)

	E2	E1	E3	Progesterone	Testosterone Age Dpndt
Oral	7-73	-	69-139	318-1590	
Patch	4-18	-	-	-	
Cream/Gel	37-184	-	1040-1734	3180-31797	F: 277-867 M: 347-1734

MORNING MELATONIN - ELEVATED

Note elevated morning melatonin levels can also be linked to SAD seasonal affective disorder (depression).

Seasonal affective disorder (SAD), also known as winter depression, is an affective, or mood, disorder. Most SAD sufferers experience normal mental health throughout most of the year, but experience depressive symptoms in the winter or summer. The condition in the summer is often referred to as Reverse Seasonal Affective Disorder.

Treatment is to be exposed to bright lights and sunshine for at least 15 minutes a day, especially early in the morning.

SALIVA Melatonin Evening levels are above the reference range. Supplementation may be considered if adverse sleep patterns are noted.

Check for low cortisol levels and adrenal insufficiency as melatonin is antagonistic to cortisol.

NLS Comment

If indicated, suggest seeking advise from a qualified health care provider.

Tests ordered: NLSLEEP

(*) Outside reference range.

(h) Above reference range.