



NUTRITIONAL LAB  
SERVICES

PO BOX 4233  
BURWOOD EAST VIC

Lab id : **12345678**

## Test Sleep

Date of Birth : October 26, 1950

Sex : F

Collected : September 26, 2008

www.nlabs.com.au

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

### ENDOCRINOLOGY SALIVA

SALIVA

Result Range

Melatonin (Saliva)-Morning **3** 0 - 3 pg/mL

Melatonin (Saliva)-Evening **8** 0 - 12 pg/mL



Saliva Hormone Comments

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

	E2	E1	E3	Progesterone	DHEAS
<b>FEMALE</b>					
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
<b>MALE</b>					
	<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

SALIVA Melatonin morning level is elevated. Exposure to bright sunlight for 5 minutes in the morning should lower the levels to normal range.

NLS Comment

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