

Comprehensive Melatonin Profile

Great Smokies Diagnostic LaboratorySM

63 Zillicoa Street
Asheville, NC 28801-1074

Patient: **SAMPLE**
PATIENT

Order Number:

Completed:

Age: 42

Received:

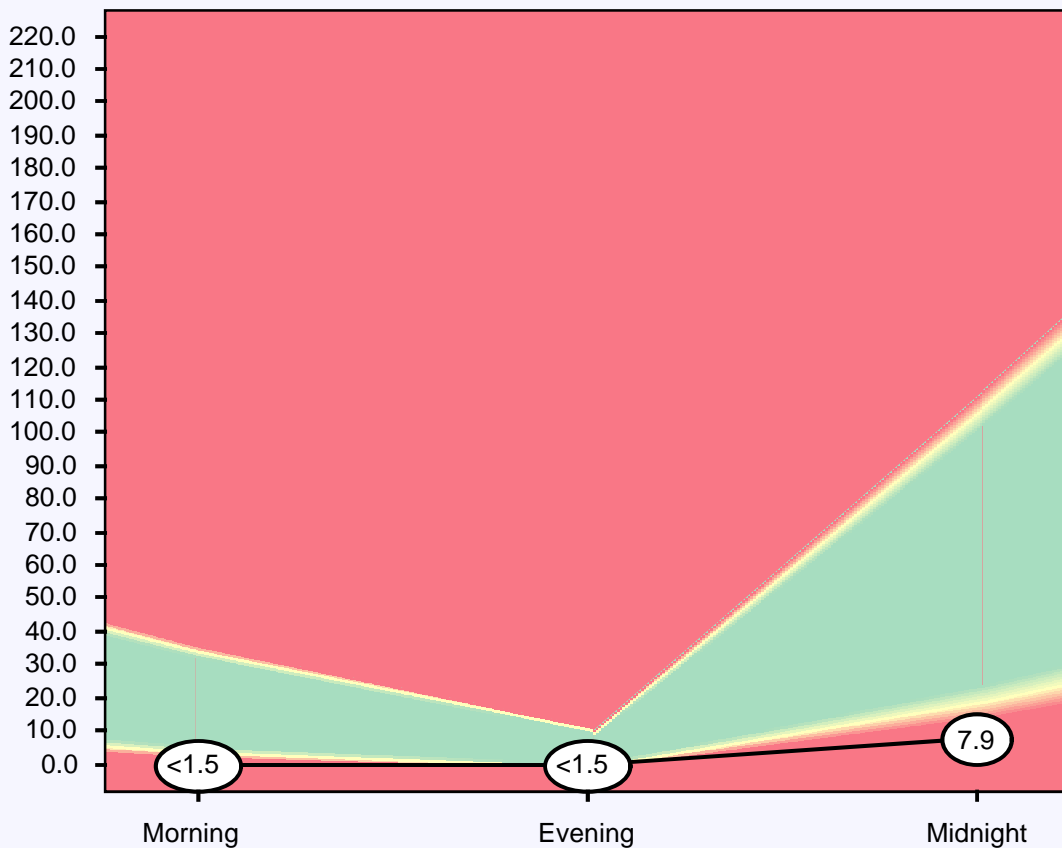
Sex: F

Collected:

MRN:

SAMPLE REPORT

Salivary Melatonin



Reference Range

Morning: 3.5-33.0 pmol/L

Evening: 0.0-11.9 pmol/L

Midnight: 16.0-100.0 pmol/L

This test has been developed and its performance characteristics determined by GSDL, Inc. It has not been cleared or approved by the U.S. Food and Drug Administration.

Commentary**Lab Comments**

Melatonin 8 AM:

Afternoon sample for melatonin collected at 12pm. 02/02/01 tl

Morning and midnight melatonin activity is low.

Drugs that deplete melatonin include beta blockers, NSAIDS, steroids, nicotine, alcohol, caffeine, sleep aids and anti-anxiety medications. Fluoxetine (Prozac) may lower melatonin levels. Low melatonin may contribute to insomnia, sleep/wake disorders, or PMS. Some forms of depression are associated with low melatonin levels. Low levels have also been implicated in increased risk for coronary heart disease.

This profile reveals a disturbance in the circadian rhythm of melatonin. This may influence other hormones such as thyroid, testosterone, and estrogen. As well as playing a crucial role in sleep wake cycles, melatonin influences other vital functions including cardiovascular and antioxidant protection, endocrine function, immune regulation and body temperature.