

MELATONIN TEST REPORT

Patient Name

Jane Doe

PatientID JD580910

BMI Unspecified Waist Unspecified

DOB

9/10/1958 (59 yrs.)

Report Date and Time

8/14/2018 15:00

Medications

Non-smoker

Gender

F

Received Date and Time

13:00

None

8/8/2018

Menopausal Status

Postmenopausal

Specimen Collection Date and Time

Saliva Morning 8/5/2018 07:23 Saliva Noon 8/5/2018 11:50

Saliva Evening 8/5/2018 16:05 Saliva Night 8/5/2018 21:45 Provider ID: 0000

Doctor T

17387 63rd Ave

Lake Oswego, OR 97035

Ph: xxx-xxx-xxxx

YOUR TEST RESULTS

Normal Range

Low or High Range

Your Levels

Melatonin Morning (pg/mL)



Melatonin Noon (pg/mL)



Melatonin Evening (pg/mL)



Melatonin Night (pg/mL)



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Report Date: 8/14/2018

What do your Melatonin results mean?

Melatonin

Melatonin is a hormone produced by pineal gland in the brain and plays a significant role in sleep. Melatonin production increases when it is light. Melatonin acts as an antioxidant to help lower the risk of eye diseases.

Low melatonin levels have been known to be associated with excessive fatigue, depression, anxiety and insomnia. Several sleep disorders have been known to be associated with suppressed melatonin production. Stress, smoking, light exposure, shift work and aging all affect melatonin production. Consumption of walnuts, almonds, cherries, bananas, oats and tomatoes has been shown to raise melatonin levels. Melatonin supplements offer high levels of the hormone and can affect salivary melatonin levels and influence sleep patterns.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.