



NUTRITIONAL LAB SERVICES

PO BOX 4233
BURWOOD EAST VIC

TEST PATIENT

Date of Birth : March 10, 1965
Sex : M
Lab id : **3159704**
Collected : August 03, 2006

INTEGRATIVE MEDICINE

August 03, 2006

SALIVA	Result	Range	
Melatonin (Saliva)-Morning	13 *h	0 - 3	pg/mL
Melatonin (Saliva)-Evening	1	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

SALIVA Melatonin morning level is grossly elevated. Was there a mistake in tube labelling?, or is the patient on supplementation?. Elevated morning levels can make the patient sleepy and may cause depression.

Melatonin Evening level is below reference range and suggestive of the need for supplementation with 3mg of melatonin 30 minutes before bed in the evening. Low levels can be due to pineal gland calcification, low levels of tryptophan or 5-Hydroxy-tryptoph

NLS Comment

If indicated, suggest seeking support and advice from a qualified health care provider.

(*) Outside reference range.

(h) Above reference range.