



SAMPLE REPORT

09-May-1990 Female

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TEST HEALTH CENTRE
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LAB ID : 3814057
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814057

ENDOCRINOLOGY SALIVA

SALIVA	Result	Range	Units	
Cortisol Midnight	7.3 *H	0.0 - 5.0	nmol/L	
Melatonin (Saliva)-Midnight	6 *L	10 - 40	pg/mL	

ELEVATED MIDNIGHT SALIVA CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Elevated levels of saliva cortisol at night can interfere with sleep and suppress Melatonin levels.

Time of Day	Time	Reference Range (pg/ml)
Morning	6am - 8am	0 - 3
Midday	12 noon	0 - 3
Evening	8pm - 10pm	0 - 11.9
Midnight	12am - 2am	10 - 40
Early Morning	3am	Up to 50

LOW MIDNIGHT MELATONIN LEVEL:

Saliva Melatonin midnight 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-tryptophan.

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range