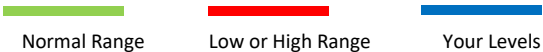




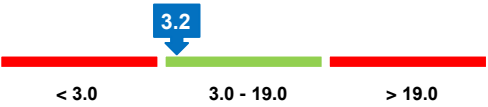
# MELATONIN TEST REPORT

|  |   |  |
|--|---|--|
| <b>Patient Name</b><br>Jane Doe            | <b>PatientID</b><br>JD580910  | Non-smoker<br><b>BMI</b> Unspecified <b>Waist</b> Unspecified  |
| <b>DOB</b><br>9/10/1958 (59 yrs.)          | <b>Report Date and Time</b><br>8/14/2018 15:00  | <b>Medications</b><br>None   |
| <b>Gender</b><br>F                         | <b>Received Date and Time</b><br>8/8/2018 13:00   |  |
| <b>Menopausal Status</b><br>Postmenopausal | <b>Specimen Collection Date and Time</b><br>Saliva Morning 8/5/2018 07:23<br>Saliva Noon 8/5/2018 11:50<br>Saliva Evening 8/5/2018 16:05<br>Saliva Night 8/5/2018 21:45 | <b>Provider ID:</b> 0000<br>Doctor T<br>17387 63rd Ave<br>Lake Oswego, OR 97035<br><b>Ph:</b> xxx-xxx-xxxx |

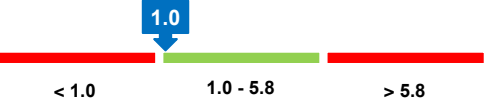
## YOUR TEST RESULTS



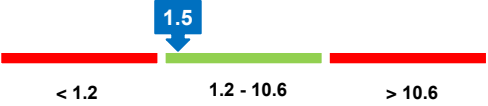
### Melatonin Morning (pg/mL)



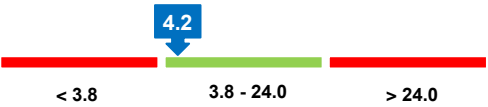
### Melatonin Noon (pg/mL)



### Melatonin Evening (pg/mL)



### Melatonin Night (pg/mL)



## 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 dark and decreases 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.