

# Comprehensive Melatonin Profile



63 Zillico Street  
Asheville, NC 28801  
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Patient: **SAMPLE**  
**PATIENT**

Order Number:

Completed:

Age: 51

Received:

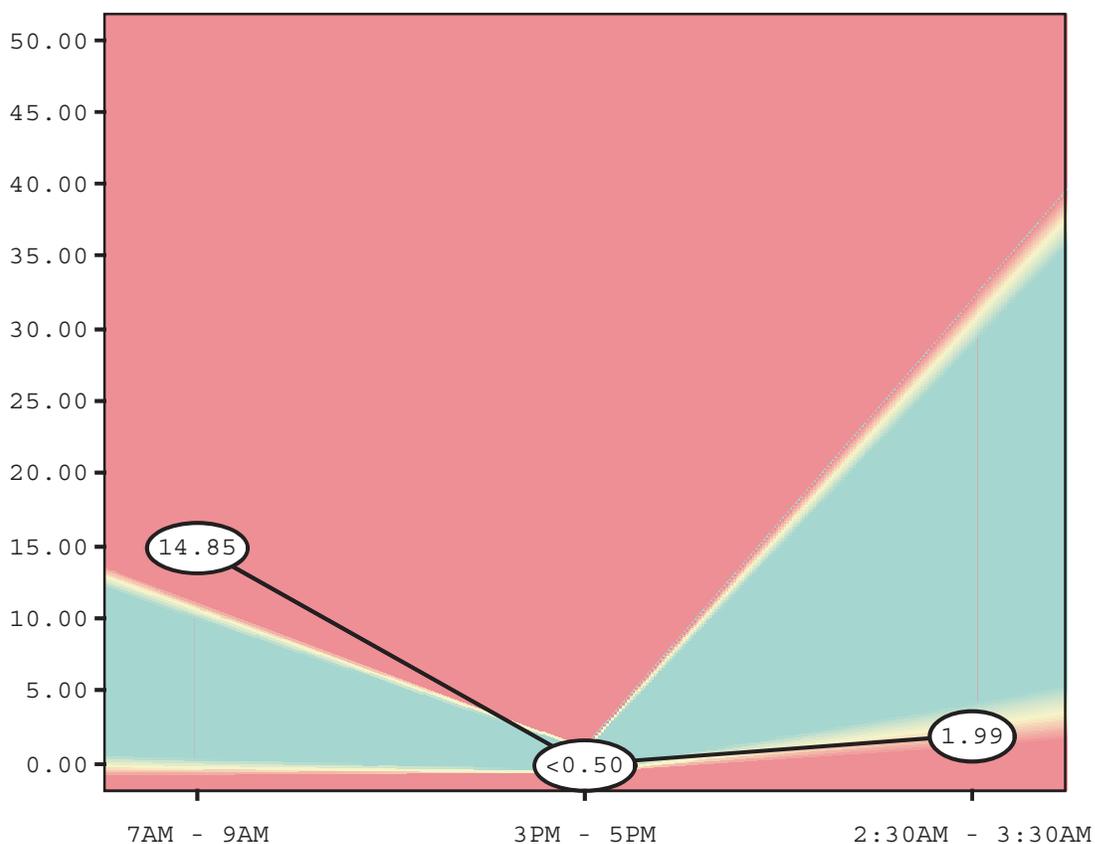
Sex: F

Collected:

MRN:

## SAMPLE REPORT

### Salivary Melatonin



#### Reference Range

7AM - 9AM: ≤10.50 pg/mL

3PM - 5PM: ≤0.88 pg/mL

2:30AM - 3:30AM: 2.53-30.67 pg/mL

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

## Commentary

Commentary is provided to the practitioner for educational purposes, and should not be interpreted as diagnostic or treatment recommendations. Diagnosis and treatment decisions are the responsibility of the practitioner.

Melatonin: pg/mL x 4.3 = pmol/L

The 7-9 AM melatonin level is elevated, but the 2:30-3:30 AM level is low.

High morning melatonin levels are often present in individuals with Seasonal Affective Disorder. This may be due to prolonged nocturnal production of melatonin, and/or late onset of its production. High melatonin levels may bring about inhibition of ovulation in women as well as decreased body temperature. High melatonin has been noted in the manic phase of bipolar mood disorder. Many antidepressant drugs may stimulate melatonin production, including fluvoxamine (Luvox), desipramine, and most MAO inhibitors.

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.