



<u>Procedure</u>	<u>Result</u>	<u>Units</u>	<u>Ref Interval</u>	<u>Accession</u>	<u>Collected</u>	<u>Received</u>	<u>Reported/</u> <u>Verified</u>
Melatonin Quantitative, Serum/ Plasma	10 f@	ng/mL		18-282-900243	09-Oct-18 15:09:00	10-Oct-18 00:00:00	10-Oct-18 09:31:29

09-Oct-18 15:09:00 Melatonin Quantitative, Serum/ Plasma:  
 Serum or Plasma

Reporting Limit: 1.0 ng/mL

Endogenous concentrations of melatonin are of the order of less than 0.02 - 0.2 ng/mL and vary based on time of day and age. An oral use of a 6 mg dose in 60 female subjects produced an average peak concentration of 12 ng/mL with a peak time of approximately 0.75 hours. A 10 mg dose in male subjects produced an average concentration of 9.8 ng/mL. Melatonin's major side effect profile includes drowsiness and sleepiness.

Analysis by High Performance Liquid Chromatography/  
 Tandem Mass Spectrometry (LC-MS/MS)

Testing performed at NMS Labs, Inc.

3701 Welsh Road

Willow Grove, PA 19090-2910

CLIA 39D0197898

09-Oct-18 15:09:00 Melatonin Quantitative, Serum/ Plasma:

\* Abnormal, # = Corrected, C = Critical, f = Footnote, H = High, L = Low, t = Interpretive Text, @ = Reference Lab