



ENDOCRINOLOGY SALIVA

SALIVA	Result	Range	Units	
Cortisol Midnight	1.5	0.0 - 5.0	nmol/L	
Melatonin (Saliva)-Midnight	26	10 - 40	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 REFERENCE RANGES

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

SALIVA Melatonin midnight level is within range and adequate. If supplementation is indicated, a dose of only 1mg should be adequate before bed.