



Authorizing Provider:

**BioHealth Laboratory**

23900 Hawthorne Blvd, Suite 150  
Torrance, CA 90505  
USA

Accession Number: T044399

**Patient: Rebecca Stein**

Age: 48                      Sex: Female

Date Collected: 12/04/2016

Date Received: 12/06/2016

Report Date: 12/05/2016

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## Melatonin (#254) - 254

Parameter	Result	Reference Range	Units
Melatonin (bedtime)	26.8	12.0 - 35.0	pg/mL

Melatonin is a hormone produced by the pineal gland that helps regulate sleep. Supplementation and/or removal of lifestyle and environmental stressors can help correct abnormal melatonin levels in individuals with sleep problems.

Consult [biohealthlab.com](http://biohealthlab.com)'s Clinical Resources area for interpretive guidance and clinical training.