

Test kit: Melatonin

ORY ANALYSIS – SALVIA TEST



Messenger substances that regulate body processes

Melatonin is also known as the sleep hormone, because its endogenous production is clearly linked to a healthy sleep rhythm. But its importance goes far beyond its effect on falling asleep and staying asleep. Melatonin also helps to set the body's internal clock, and it also has a profound effect on the metabolism of many organs.

Melatonin is mainly produced in the pineal gland. Darkness triggers its release. The less daylight that enters the eye, the more melatonin is released. The melatonin level is therefore highest at night.

However, if the release does not increase sufficiently for any reason, the human daytime and sleep rhythm gets confused. The result is difficulty falling asleep in the evening, too little restful deep sleep or waking up at night. This quickly leads to the person being tired, tense and unfocused during the day.

Causes melatonin deficiency:

- Age
- blue-green light in the evening
- time change
- shift work
- caffeine
- lack of tryptophan

Symptoms sleep disorders

- Difficulty concentrating
- Irritability
- Cardiovascular problems, headaches, high blood pressure
- Weakening of the immune system
- Decreased regeneration of body cells

TEST INSTRUCTIONS:



CHECK

- Requirement sheet
- Instructions for performance
- 1 test tube
- 1 transport tube
- Postal shipping box

Please indicate the intake of hormone-containing drugs in the request form!



TEST INSTRUCTION

- Saliva sample at 2.00 a.m. during the night
- It is essential that the saliva sample is taken before brushing your teeth or at the earliest 30 minutes after brushing your teeth.

Important!!! Samples must be obtained in the dark!!!

- Please rinse your mouth with clear water first.
- Put the saliva into the saliva sample tube (the tube must be half filled, without foaming!!!).
- Please store the samples in the refrigerator until shipment.



PACKING AND SHIPPING

Please put the sample tubes into the transport tubes and together with the completed request form into the shipping envelope and bring it to the mailbox or post office. Shipping envelope does not need to have postage added.

Important note: Please do not send on Friday or before holidays!



Done! You will receive an email when your results are in.

"Health is not everything, but without health everything is nothing!"

Arthur Schopenhauer