

## Melatonin Night Saliva Profile (O380)



### Saliva Test Instruction

Take saliva samples at 10 p.m./ 12 midnight / 2 a.m.

#### The test set contains the following materials:

- 1 x request form*
- 1 x instructions*
- 1 x saliva specimen tube with label*
- 1 x transport tube - white*
- 1 x Postversandtasche*

#### Instructions:

Please rinse your mouth with clear water first.  
The sample has to be taken before brushing your teeth or at the earliest 30 minutes after brushing your teeth.

**Important!!!! The samples have to be taken in a dark room!!!**

#### Procedure:

- The saliva specimen tube has to be filled at **10 p.m./ 12 midnight / 2 a.m**
- Put the saliva into the tube (the tube has to be half full – without foam!!!!)

#### Please be sure to label the sample containers with:

- *Name*
- *Date*
- *Time*

Now put the labelled saliva specimen tubes into the transport tube (white) and put it into the shipping envelope together with completed request form.

Ship as soon as possible!

**Please keep samples in the fridge until shipping.**