

## Human Melatonin ELISA Kit

**Catalog No.:** abx350078

**Size:** 96T

**Range:** 15.625 pg/ml - 1000 pg/ml

**Sensitivity:** 9.375 pg/ml

**Storage:** Store at 4°C for up to 6 months. For long term storage, the ELISA plate, Standards and Biotin conjugated antibody can be stored at -20°C.

**Application:** For quantitative detection of Melatonin in Human Serum, Plasma and other biological fluids.

**Introduction:** Melatonin, also known as N-acetyl-5-methoxy tryptamine, is a hormone that is produced by the pineal gland in animals and regulates sleep and wakefulness. Melatonin is also produced in plants where it functions as a first line of defense against oxidative stress. In animals, melatonin is involved in the entrainment (synchronization) of the circadian rhythms including sleep-wake timing, blood pressure regulation, seasonal reproduction, and many others. Many of its biological effects in animals are produced through activation of melatonin receptors, while others are due to its role as an antioxidant, with a particular role in the protection of nuclear and mitochondrial DNA. As a medicine, it is used for the treatment of insomnia; however, scientific evidence is insufficient to demonstrate a benefit in this area. Melatonin is sold over the counter in the United States, Canada and some European countries. In other countries, it may require a prescription or it may be unavailable.

### Principle of the Assay

This kit is based on a competitive enzyme-linked immuno-sorbent assay technology. Melatonin is pre-coated onto a 96-well plate. The standards, samples and a biotin conjugated antibody specific to Melatonin are added to the wells and incubated. After washing away the unbound conjugates, avidin conjugated to Horseradish Peroxidase is added to each microplate well. After TMB substrate solution is added only wells that contain Melatonin will produce a blue colour product that changes into yellow after adding the stop solution. The intensity of the yellow colour is inversely proportional to the Melatonin amount bound on the plate. The O.D. absorbance is measured spectrophotometrically at 450 nm in a microplate reader, and then the concentration of Melatonin can be calculated.

### Kit components

1. One pre-coated 96 well plate
2. Standard: 2 vials
3. Sample/Standard Diluent Buffer: 20 ml
4. Biotin conjugated antibody (100X): 120 µl
5. Antibody diluent buffer: 12 ml
6. HRP Conjugate Reagent (100X): 120 µl
7. HRP diluent buffer: 12 ml
8. TMB substrate reagent: 10 ml
9. Stop solution: 10 ml
10. Wash buffer (25X): 30 ml
11. Plate sealer: 5 pieces

### Material Required But Not Provided

1. 37°C incubator
2. Microplate reader (wavelength: 450 nm)
3. High-precision pipette and sterile pipette tips
4. Automated plate washer
5. ELISA shaker
6. 1.5 ml tubes to prepare standard/sample dilutions
7. Distilled or deionized water
8. Absorbent filter papers
9. 100 ml and 1 liter graduated cylinders

## Protocol

### A. Preparation of sample and reagents

#### 1. Sample

Store samples to be assayed within 24 hours at 2-8°C. Alternatively, aliquot and store at -20°C or -80°C for long term. Avoid repeated freeze-thaw cycles.

- **Serum:** Samples should be collected into a serum separator tube. Coagulate the serum by leaving the tube undisturbed in a vertical position overnight at 4°C or at room temperature for up to 60 minutes. Centrifuge at approximately 1000 × g for 20 min. Analyze the serum immediately or aliquot and store at -20°C or -80°C.
- **Plasma:** Collect plasma using EDTA-Na<sub>2</sub> as an anticoagulant. Centrifuge for 15 minutes at 1000 × g within 30 minutes of collection. Assay immediately or aliquot and store at -20°C. Avoid hemolysis and high cholesterol samples.
- **Other biological fluids:** Centrifuge at approximately 1000 × g for 20 min to remove precipitant. Analyze immediately or aliquot and store at -20°C or -80°C.

#### Note:

- » Fresh samples or recently obtained samples are recommended to prevent degradation and denaturalization that may lead to erroneous results. It is recommended to store samples to be used within 5 days at 4°C, within 1 month at -20°C and within 2 months at -80°C.
- » Samples should be clear and transparent. Samples must be diluted so that the expected concentration falls within the kit's range.
- » Please bring sample slowly to room temperature. Sample hemolysis will influence the result. Hemolyzed specimen should not be used. Samples that contain NaN<sub>3</sub> cannot be detected as it interferes with HRP.
- » Always use non-pyrogenic, endotoxin-free tubes for blood collection.

#### Sample dilution guideline:

Estimate the concentration of the target in the sample and select the correct dilution factor to make the diluted target concentration fall near the middle of the kit's range. Generally, for high concentration (10000 pg/ml - 100000 pg/ml), dilute 1:100, for medium concentration (1000 pg/ml - 10000 pg/ml), dilute 1:10 and for low concentration (15.625 pg/ml - 1000 pg/ml), dilute 1:2. Very low concentrations (≤ 15.625 pg/ml) do not need dilution. Dilute the sample with the provided Sample Diluent Buffer and mix thoroughly. Several trials may be necessary to determine the optimal dilution factor.

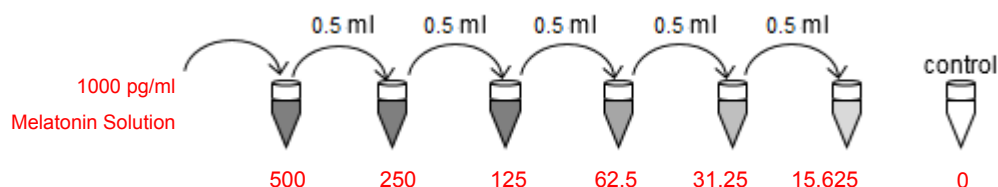
#### 2. Wash buffer

Dilute the concentrated Wash buffer 30-fold (1/30) with distilled water (i.e. add 25 ml of concentrated wash buffer into 725 ml of distilled water).

#### 3. Standard

Preparation of the Melatonin standard: standard solution should be prepared no more than 15 min prior to the experiment. Centrifuge at 10,000×g for 1 minute as the powder may drop off from the cap when opening if you do not spin down. **(Note: Do not dilute the standard directly in the plate).** Once your standard has been reconstituted, it should be used right away. We do not recommend reusing the reconstituted standard.

- 1000 pg/ml standard solution. Add 1 ml of Sample/Standard diluent buffer into one Standard tube. Allow the reconstituted standard to sit for 15 minutes with gentle agitation prior to carrying out the serial dilutions; avoiding foaming or bubbles.
- 500 pg/ml → 15.625 pg/ml standard solutions: Label 6 tubes with 500 pg/ml, 250 pg/ml, 125 pg/ml, 62.5 pg/ml, 31.25 pg/ml and 15.625 pg/ml. Aliquot 0.5 ml of the Sample / Standard diluent buffer into each tube. Add 0.5 ml of the above 1000 pg/ml standard solution into 1st tube and mix thoroughly. Transfer 0.5 ml from 1st tube to 2nd tube and mix thoroughly. Transfer 0.5 ml from 2nd tube to 3rd tube and mix thoroughly, and so on.



**Note:** Do not vortex the standard during reconstitution, as this will destabilize the protein. Once your standard has been reconstituted, it should be used right away. We do not recommend reusing the reconstituted standard. Please use the diluted Standards for a single assay procedure and discard after use.

**4. Preparation of Biotin conjugated antibody working solution:** prepare no more than 1 hour before the experiment.

- Calculate the total volume of the working solution:  $0.1 \text{ ml / well} \times \text{quantity of wells}$ . (Allow 0.1-0.2 ml more than the total volume).
- Dilute the Biotin conjugated antibody with antibody diluent buffer at 1/100 and mix thoroughly. i.e. Add 1  $\mu\text{l}$  of Biotin conjugated antibody into 99  $\mu\text{l}$  of antibody diluent buffer. Discard after use.

**5. Preparation of HRP Conjugated Reagent working solution:** prepare no more than 30 min. before the experiment

- Calculate the total volume of the working solution:  $0.1 \text{ ml / well} \times \text{quantity of wells}$ . (Allow 0.1-0.2 ml more than the total volume).
- Dilute the HRP Conjugate Reagent with HRP diluent buffer at 1/100 and mix thoroughly. i.e. Add 1  $\mu\text{l}$  of HRP Conjugate Reagent into 99  $\mu\text{l}$  of HRP diluent buffer. Discard after use.

## B. Assay Procedure

Bring all reagents to room temperature prior to use.

- Set standard, test sample and control (zero) wells on the pre-coated plate and record their positions. It is recommended to measure each standard and sample in duplicate.**
- Add 50  $\mu\text{l}$  of the prepared standards solutions into the standard wells.
- Add 50  $\mu\text{l}$  of Sample / Standard diluent buffer into the control (zero) well.
- Add 50  $\mu\text{l}$  of appropriately diluted sample into test sample wells.
- Immediately add 50  $\mu\text{l}$  of Biotin conjugated antibody working solution into each well. Add the solution at the bottom of each well without touching the side wall.
- Cover the plate with the plate sealer. Gently tap the plate to mix thoroughly. Incubate at  $37^\circ\text{C}$  for 45 minutes.
- Remove the cover, and wash the plate 3 times. Discard the solution without touching the side walls. Blot the plate on an absorbent material. Fill each well completely with wash buffer and soak for at least 1-2 min. Discard the contents and clap the plate on absorbent filter papers or other absorbent material. Repeat this procedure for a total of three times.

**Please note:** For automated washing, discard the solution in all wells and wash three times overfilling the wells with Wash buffer. After the final wash invert the plate and tap on absorbent filter papers or other absorbent material. It is recommended that the washer be set for a soaking time of 1 min.

- Add 100  $\mu\text{l}$  of HRP Conjugate working solution into each well, cover the plate with a new sealer and incubate at  $37^\circ\text{C}$  for 30 minutes.
- Remove the cover and wash the plate 5 times with Wash buffer. Allow the wash buffer to remain in the wells 1-2 min for each wash. Discard the washing buffer and blot the plate onto absorbent filter papers or other absorbent material.

10. Add 90 µl of TMB substrate into each well. Cover the plate and incubate at 37°C in dark conditions for 15-20 minutes (incubation time is for reference only, do not exceed 30 minutes). When an apparent gradient appears in the standard wells the reaction can be terminated.
11. Add 50 µl of Stop solution into each well (including the blank well). There should be a colour change to yellow. Gently tap the plate to ensure thorough mixing.
12. Ensure that there are no fingerprints or water on the bottom of the plate, and that the fluid in the wells is free of bubbles. Measure the absorbance at 450 nm immediately.

This assay is competitive, therefore there is an inverse correlation between Melatonin concentration in the sample and the absorbance measured. Create a graph with the log of the standard concentration (y-axis) and absorbance measured (x-axis). Apply a best fit trendline through the standard points. Use this graph calculate sample concentrations based on their OD values. If samples have been diluted, the concentration read from the standard curve must be multiplied by the dilution factor.

**Note:** If the samples measured were diluted, multiply the dilution factor by the concentrations from interpolation to obtain the concentration before dilution.

## C. Precautions

1. Equilibrate all reagents to room temperature (18-25°C) prior to use and centrifuge the tubes briefly in case any contents are trapped in the lid.
2. For each step in the procedure, total dispensing time for addition of reagents to the assay plate should not exceed 10 minutes.
3. Wash buffer may crystallize and separate. If this happens, please warm the tube and mix gently to dissolve.
4. Avoid foaming or bubbles when mixing or reconstituting components.
5. It is recommended to assay all standards, controls and samples in duplicate or triplicate.
6. Do NOT let the plate dry out completely during the assay as this will inactivate the biological material on the plate.
7. Ensure plates are properly sealed or covered during incubation steps.
8. Complete removal of all solutions and buffers during wash steps is necessary for accurate measurement readings.
9. To avoid cross contamination do not reuse pipette tips and tubes.
10. Do not use components from a different kit or expired ones.
11. The TMB Substrate solution is easily contaminated; work under sterile conditions when handling the TMB substrate solution. The TMB Substrate solution should also be protected from light. Unreacted substrate should be colorless or very light yellow in appearance. Aspirate the dosage needed with sterilized tips and do not dump the residual solution back into the vial.

## D. Precision

Intra-assay Precision (Precision within an assay): 3 samples with low, medium and high levels of Melatonin were tested 20 times on one plate, respectively.

Inter-assay Precision (Precision between assays): 3 samples with low, medium and high levels of Melatonin were tested on 3 different plates, 8 replicates in each plate.

$$CV (\%) = (\text{Standard Deviation} / \text{mean}) \times 100$$

## Product Manual

Revision date: 06/Sep/2017



Intra-Assay: CV<10%

Inter-Assay: CV<10%

For Reference Only