

Medications Affecting Salivary Cortisol, DHEAS, and Melatonin

Medication	Specific Examples	Effect on Cortisol	Effect on DHEAS	Effect on Melatonin	Notes
Glucocorticoids Steroid medications	- Prednisone, - Hydrocortisone (Topical or Tablets) - Cortef - Prednisolone - Dexamethasone, - Asthma medication	Increases or mimics	Decreases	No significant effect	Directly impacts cortisol levels; suppresses adrenal androgen production.
Oral Contraceptive Progesterone Estrogens	- Birth control pills - HRT	Increases	Decreases	No significant effect	Raises cortisol-binding globulin; speeds DHEAS metabolism.
Beta-Blockers	- Propranolol - Atenolol	Decreases	No significant effect	Decreases	Reduces stress response (cortisol) and blunts nocturnal melatonin levels.
Stimulants ADHD medications	Amphetamines (Adderall, Ritalin, Vyvanse)	Increases	No significant effect	No significant effect	Triggers stress response, increasing cortisol.
Opioids	- Morphine - Oxycodone - Hydrocodone	Decreases	No significant effect	No significant effect	Suppresses HPA axis, reducing cortisol.
Androgen Therapy	- DHEA supplements - Testosterone	No significant effect	Increases	No significant effect	Directly elevates DHEAS levels.
Antidepressants	SSRIs (Sertraline, Fluoxetine)	Variable (often decreases)	Variable (often decreases)	Variable (often decreases)	Alters HPA axis and serotonin pathways.
Antifungal Medications	Ketoconazole	Decreases	Decreases	No significant effect	Alters HPA axis and serotonin pathways.
Benzodiazepines	- Lorazepam - Diazepam	No significant effect	No significant effect	Decreases	Sedative effects blunt melatonin secretion.
Herbal Supplements	Licorice root	Variable	No significant effect	No significant effect	May mimic or inhibit cortisol breakdown depending on form.
Herbal Supplements	St. John’s Wort	No significant effect	No significant effect	Variable	May influence melatonin through serotonin metabolism.
Adrenal Supplements	Glandular adrenal	Increases	Increases	Variable	