



## MELATONIN-3™

### SUPPORTS NORMAL SLEEP\*

#### 3 MG PER CAPSULE

>> **Melatonin-3™** has a natural biorhythm regulating metabolite that is secreted by the brain's pineal gland and has beneficial effects on sleep and jet lag.\* Each capsule contains 3 mg of the highest quality pharmaceutical grade synthetic Melatonin.



#### Recommended for:

- ✓ Sleep support\*
- ✓ Immune system support\*
- ✓ Balanced circadian rhythms important for recovery from jet-lag and rotating shift work\*
- ✓ Mood Balance\*

#### What is Melatonin?

- ✓ Melatonin is the principle hormone produced and secreted by the brain's pineal gland and is responsible for maintaining circadian rhythm (the body's biological clock), regulating the endocrine (hormone) system and supporting the immune system.
- ✓ The level of melatonin produced by the body is heavily influenced by sunlight. At night, the secretion of melatonin is much higher than during the day. When this process is interrupted, certain symptoms can occur such as disruptions in the sleep/wake cycle, headaches, mental and physical fatigue and irritability.

#### Why is Melatonin important?

- ✓ Low levels of melatonin could result in poor sleep patterns, low mood, delayed sleep phase syndrome, insomnia associated with attention deficit-hyperactivity disorder, irritability, learning disorders, poor concentration, seasonal affective disorder, menstrual disturbances and headaches.\*

#### Sleep Quality

- ✓ Melatonin plays an important role in when we fall asleep and when we wake up. Darkness stimulates the release of melatonin and light suppresses its activity. Normal melatonin cycles are disrupted when we are exposed to excessive light in the evening or too little light during the daytime.
- ✓ Melatonin supports sleep onset and quality of sleep, increased Rapid Eye Movement time, deep sleep and dreaming.\* These changes demonstrate better quality sleep, which produces greater mental, physical and emotional rejuvenation.\* Melatonin can decrease the amount of time required to fall asleep, increase the number of sleeping hours and support daytime alertness.\*
- ✓ Melatonin may improve the quality of life in people who suffer from insomnia and some experts suggest that melatonin may be of value for children with learning disabilities who suffer from insomnia.\*

#### Jet Lag and Rotating Shift Work

- ✓ Environmental stressors like rotating shift work and air travel (jet lag) can adversely affect sleep patterns. Melatonin assists the body's production and release of melatonin to help bring the circadian rhythm back into balance, and may also help those with naturally lower melatonin levels such as the elderly.\*

#### Menopause Support

- ✓ Melatonin is also one of the hormones that controls the timing and release of female reproductive hormones. It helps determine when menstruation begins, the frequency and duration of menstrual cycles, and when menopause begins. It's a powerful regulator of sex hormone production and can affect mood, immunity, reproduction and bone health.\* Melatonin supplementation may benefit menopausal women by supporting and sustaining sleep and by supporting osteoblasts that support bone health.\*

#### Immune Support

- ✓ Melatonin has strong free radical scavenging properties and helps strengthen the immune system.\* It is 6 to 10 times more potent than vitamin E and is one of the few cell protectors that can enter the mitochondria to protect it from free radical damage.\*

#### Mood Support

- ✓ Some people experience low mood states when the winter sunlight levels (winter) are not sufficient for their pineal glands to decrease melatonin production to its normal low daytime level. Melatonin supplementation can support mood balance seasonally or in times of low mood.\*

#### Supplement Facts

**Serving Size 1 Capsule**  
**Servings Per Container 60**  
**Amount per Serving**  
 Melatonin 3 mg

**% Daily Value** \*

\*Daily Value not established.

Other ingredients: microcrystalline cellulose, hypromellose (capsule).

**Warning:** This product should not be taken by adolescents, pregnant or lactating women, persons taking cortisone, or persons with kidney disease. Consult your physician if taking medications for sleep, anxiety or if on any anti-coagulant, antidepressant, antipsychotic or anti-hypertensive drugs.

**Suggested Use:** As a dietary supplement, take 1 capsule, one to two hours before bedtime.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Copyright© 2016. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.