

Melatonin

About Melatonin

- Melatonin occurs naturally for our sleep.^{1,2}
- Quick-dissolve tablets have fast melatonin absorption.³
- Helps increase the total sleep time (aspect of sleep quality) in people suffering from occasional sleep restriction or altered sleep schedule (e.g., shift-work and jet lag).^{4,5,6}
- Supports alertness during waking hours and helps maintain a healthy sleep-wake cycle.^{*7,8}

How to Use Melatonin

Melatonin 10 mg

- Chew or dissolve 1 tablet at bedtime in the mouth before swallowing or as directed by a health care professional. For use beyond 4 weeks, consult a health care professional.

Melatonin Timed Release

- 1 tablet per day at bedtime or as directed by a health care professional.

Cautions and Contraindications

- Consult a health care professional prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension, or if you are taking blood pressure or sedative/hypnotic medications. Do not use if you are taking immunosuppressive drugs and/or if you are pregnant or breastfeeding.⁹ Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Do not drive or use machinery for 5 hours after taking melatonin. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health care professional. Keep out of reach of children.

Drug Interactions

- If you are taking one of the following medications, consult a health care professional prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids.⁹ Melatonin production and release may be inhibited by beta-blockers (used for high blood pressure)¹⁰ and non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin or ibuprofen,¹¹ leading to disturbed sleep.

Quick Tips for Optimal Health

- Eat up. Everyday foods like tomatoes, olives, barley, rice, walnuts, and strawberries have melatonin in them.¹²
- Cut the evening coffee. Coffee not only interferes with sleep, but also decreases melatonin levels.¹³
- Turn off the night light. Too much bright light exposure suppresses melatonin in children twice as that of adults.¹⁴
- Power down the gadgets. Mobile phones, tablets, and "green" energy-efficient light bulbs emit a blue wave-length which can suppress melatonin levels after two hours of use.¹⁵
- Music therapy 30 minutes per day 4–5 times per week increases melatonin levels and supports a calm, healthy mood.¹⁶
- Stop smoking. Smokers have lower melatonin levels!¹⁷

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

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

References

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