



Code: 9290
Size: 60 Tablets
Actual Size: 8.03 mm diameter



Melatonin

Time Release · Fall Asleep and Stay Asleep* · 5 mg

- 5 mg timed-release melatonin per tablet
- Timed-release formulation sustains plasma levels for a longer period,¹ helping to maintain the body's sleep-wake cycle*
- 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)*
- Supports alertness during waking hours and helps reduce the time it takes to fall asleep*
- Suitable for vegetarians/vegans
- Non-habit forming

PRODUCT SUMMARY

Sleep is a vital part of health and many of us are not getting enough of it. Changes in sleeping patterns are largely reflective of our circadian rhythms, which are guided by the pineal hormone, melatonin. Melatonin plays a major role in the circadian regulation of the sleep-wake cycle, and is important for both initiation and quality of sleep.* Supplementation may help support a healthy sleep-wake cycle in both those with and without occasional sleep challenges.*² Timed-release melatonin helps support normal sleep initiation and healthy sleep maintenance.*^{3,4}

Melatonin 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).^{*5,6} While 10–30% of US adults report occasional sleep difficulties,^{*7} that number rises to 50% of older adults.*⁸ Older adults sleep less, overall, regardless of endogenous melatonin levels, and supplemental melatonin may help support a normal sleep-wake cycle.*^{9,10} Melatonin may also help maintain healthy sleep in children.*^{11–14} Timed-release melatonin may help support a healthy mood and help maintain normal cognitive performance with occasional sleep challenges.*^{3,4}



MELATONIN

TIME RELEASE · FALL ASLEEP AND STAY ASLEEP* · 5 MG

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (Dicalcium Phosphate)	26 mg	2%
Melatonin (Non-Animal Source)	5 mg	**

** Daily Value not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, magnesium stearate (vegetable grade).

Serving Size: 1 Tablet

Servings Per Container: 60

Suggested Usage: 1 tablet per day at bedtime or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Do not drive or operate heavy machinery for 10 hours after taking melatonin. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult a health care professional. Keep out of reach of children.

Contraindication: Consumption with alcohol, other medications or natural health products with sedative properties is not recommended.

Drug Interactions: Melatonin may impair glucose utilization and increase insulin resistance in diabetic patients. However, the clinical significance of this effect on diabetics is unknown.¹⁵ Contraceptive drugs can increase endogenous melatonin levels. Theoretically, this may increase the effects and adverse effects of oral melatonin use.¹⁶ Fluvoxamine significantly inhibits the elimination of melatonin,¹⁷ which may have additive effects.¹⁸ This interaction may cause excessive unwanted drowsiness and other adverse effects. Melatonin production and release may be inhibited by beta-blockers and non-steroidal anti-inflammatory drugs.^{19,20}

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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