



## Melatonin

### Fall Asleep and Stay Asleep\* • 10 mg

- Quick-dissolve tablets have fast melatonin absorption\*
- Derived from non-animal sources
- A singular powerful quick-dissolve tablet is optimal for those who benefit from higher amounts of melatonin (10–20 mg)
- Refreshing, natural peppermint flavor
- Non-habit forming

**Code:** 9286

**Size:** 180 Quick Dissolve Tablets

**Actual Size:** 8.01 mm diameter



### PRODUCT SUMMARY

Sleep is a vital part of health and many of us are not getting enough of it. Occasional sleeplessness affects about one third of adults in the United States\*<sup>1</sup> and up to half of older adults.\*<sup>2</sup> Changes in sleeping patterns are largely reflective of our circadian rhythms, which are guided by the pineal hormone, melatonin. Melatonin is known to decline as we age, which accounts for a number of the sleep changes we see throughout life. Additionally, jet lag and shift work can significantly alter circadian rhythms and thus melatonin secretion.\*<sup>3–5</sup>

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),\*<sup>6,7</sup> supporting alertness during waking hours and helping to maintain a healthy sleep-wake cycle.\*<sup>8,9</sup> Occasional sleep deficiency can lead to less than optimal health\*<sup>10</sup> and so important to be aware of just how essential it is to maintain normal melatonin levels to support sleep quality.\*



## MELATONIN

FALL ASLEEP AND STAY ASLEEP\* · 10 MG

### Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Melatonin (vegetarian source)	10 mg	**

\*\* Daily Value not established.

Other ingredients: Lactose monohydrate (milk), microcrystalline cellulose, natural peppermint flavor, croscarmellose sodium, magnesium stearate (vegetable grade).

**Serving Size:** 1 Tablet

**Servings Per Container:** 180

**Suggested Usage:** 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.

**Caution:** 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. 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.

**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.<sup>11</sup> Contraceptive drugs can increase endogenous melatonin levels. Theoretically, this may increase the effects and adverse effects of oral melatonin use.<sup>12</sup> Fluvoxamine significantly inhibits the elimination of melatonin,<sup>13</sup> which some researchers believe could be helpful in the treatment of refractive insomnia.<sup>14</sup> However, this interaction may also cause excessive unwanted drowsiness and other adverse effects. Melatonin production and release may be inhibited by beta-blockers<sup>15</sup> and non-steroidal anti-inflammatory drugs.<sup>16</sup>

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

#### References

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