

Melatonin – Beyond Sleep Support

About Melatonin

- Melatonin is our naturally occurring sleep hormone.^{1,2}
- It helps promote sound sleep within 30 minutes of taking it.³
- Reduces the effects of jet lag, especially if you are travelling across five or more time zones.⁴
- Improves sleep and reduces the pain and discomfort in women suffering from chronic pelvic irritation (i.e., endometriosis).⁵
- Eases the stomach pain and the discomfort of heartburn.⁶
- Decreases the abdominal bloating, pain, and constipation associated with irritable bowel syndrome (IBS).⁷
- Calms chronic ringing in ears (known as tinnitus) and promotes a deeper sleep.^{8,9}

How to Use Melatonin

Melatonin 3 mg and 10 mg

- Dissolve 1 tablet under the tongue at bedtime once per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

Melatonin Time Release:

- **Recommended Adult Dose:** 1–2 tablets per day at or before bedtime, or as directed by a health care practitioner. For use beyond 4 weeks, consult a health care practitioner.
- **Jet Lag:** Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern. For occasional short-term use.

Cautions and Contraindications

- Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. If you are taking one of the following medications, consult a health care practitioner prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. If you have one of the following conditions, consult a health care practitioner prior to use: asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycemia, hormonal disorder, immune system disease, liver disease, migraine, or seizure disorders. If symptoms persist continuously for more than 4 weeks (chronic insomnia) consult a health care practitioner. Mild gastrointestinal symptoms (such as nausea, vomiting, or cramping) have been known to occur, in which

case discontinue use. Rare allergic reactions have been known to occur, in which case discontinue use. Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

- Do not drive or use machinery for 5 hours after taking melatonin.

Drug Interactions

- If you are taking one of the following medications, consult a health care practitioner prior to use: anti-coagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. 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 such as tomatoes, olives, barley, rice, walnuts, and strawberries contain melatonin.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 that of adults.¹⁴
- Power down the gadgets. Mobile phones, tablets, and “green” energy-efficient light bulbs emit a blue wavelength, 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 calmer mood in those with Alzheimer’s.¹⁶
- Stop smoking. Smokers have lower melatonin levels!¹⁷

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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