



Code: 9290 **NPN:** 80068454
Size: 60 Tablets
Actual Size: 8.03 mm diameter



Melatonin

Time Release

Fall Asleep and Stay Asleep · 5 mg

- Clinically shown to improve sleep quality, morning alertness, sleep onset latency and quality of life
- Supplementation linked to improved mood and cognitive function among those with impaired sleep
- Provides 5 mg timed-release melatonin per tablet
- Timed-release formulation sustains plasma levels for a longer period, enhancing sleep initiation, maintenance, and quality
- 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 has proven critically important for both initiation and quality of sleep, with supplementation improving sleep in healthy individuals and in those with insomnia, as well as preventing phase shifts due to jet lag or shift work. Timed-release melatonin improves not only the sleep initiation, but also helps maintain and improve sleep quality.

Melatonin is particularly effective in older individuals, regardless of endogenous melatonin levels, in both the short and the long term, with improvements in sleep quality, morning alertness, sleep onset latency, and quality of life, with no relevant adverse effects or dependency. Furthermore, it has been shown to improve sleep quality in children with diverse sleep complaints, including delayed sleep phase syndrome and impaired sleep maintenance, or other sleep related disorders. Timed-release melatonin has demonstrated clinical improvements in mood in those with sleep disturbances, as well as cognitive performance in those with Alzheimer's disease.



MELATONIN

TIME RELEASE · FALL ASLEEP AND STAY ASLEEP · 5 MG

Serving Size: 1–2 tablets

Servings per Container: 30–60

Each Tablet Contains:

Melatonin (non-animal source) 5 mg

Non-medicinal Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, carbohydrate gum [cellulose], vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 1–2 tablets per day at or before bedtime, or as directed by a health care practitioner. Do not drive or use machinery for 5 hours after taking melatonin. 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.

Recommended Use: Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work. Helps to prevent and/or reduce the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling by plane easterly across two or more time zones. Helps reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of the circadian rhythm).

Caution: 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. Keep out of reach of children.

Contraindication: 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.

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

Contains no artificial colours, 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 available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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