

Sleep/Mood Support

Melatonin

3 mg Chewable

PRODUCT CODE P8762

Description

Melatonin is a hormone best known for its ability to help regulate the circadian rhythm. The compound is synthesized from tryptophan via transformation into 5-HTP, then into serotonin and finally into melatonin. Melatonin helps to support healthy sleep-wake cycles. Normal melatonin cycles can be disrupted by exposure to excessive light in the evening or too little light during the daytime. Jet lag and shift work also can disrupt melatonin's circadian cycle.

Features & Benefits

- Melatonin is a hormone that is produced by the pineal gland, the organ that regulates the body's sleep/wake cycles¹
- Supplemental melatonin has been shown to support healthy sleep patterns^{1-9, 12}
- Supports relief of temporary sleeplessness^{1-9, 12}
- May help to restore regular sleep patterns disrupted due to travel across time zones^{9, 12}, stress^{5, 15, 25}, and shift work²⁻⁴
- Melatonin exhibits antioxidant activity²⁴

Suggested Usage

As a dietary supplement, take one lozenge just prior to bedtime as needed. Chew lozenge or hold in mouth until dissolved and swallow.

Allergen Checklist

Contains no salt, starch, yeast, wheat, gluten, soy, milk, egg or preservatives. Vegetarian/Vegan Formula.

Cautions/ Interactions

Pregnant/lactating women and women trying to conceive should take this product only under the supervision of a physician^{10, 11}. Likewise, individuals with asthma, auto-immune conditions, depressive disorders, diabetes, epilepsy, those taking sedatives or corticosteroid drugs should consult their physician prior to use. Melatonin can interact with anticoagulant drugs, including NSAIDs¹², anti-diabetes drugs¹³, benzodiazepines^{14, 15}, CNS depressants, including alcohol^{14, 16}, oral contraceptives¹⁷, antidepressants^{16, 18-20}, anti-psychotics¹⁹, immunosuppressants^{16, 18, 21}, antihypertensives^{16, 18, 22, 23}. Melatonin may interact with some nutritional and herbal supplements, such as St. John's Wort and 5-HTP¹⁸.



Technical Summary

Melatonin may be indicated for some forms of sleeplessness and other disturbances in normal sleep function and/or mood linked to circadian disruptions.

Mechanisms of Action

Melatonin, a derivative of tryptophan, occurs naturally in plants, including some foods. In humans, tryptophan is hydroxylated and decarboxylated to form serotonin (5-hydroxytryptamine), which is then converted into melatonin by acetylation and methylation. The rate-limiting enzyme is serotonin N-acetyltransferase. Bright light and adrenergic stimulation during the day improve melatonin production. Conversely, exposure to light for only a few minutes during the night is sufficient to inhibit melatonin secretion. Many of melatonin's sites of action are in the central nervous system, yet the hormone is also active in peripheral tissues, especially in the gut, which has its own secretion independent of the pineal gland. Melatonin increases the binding of gamma-aminobenzoic acid (GABA) to its receptors by affecting membrane characteristics. Regulation of the body's circadian rhythm, endocrine secretions, and sleep patterns are the chief actions of melatonin. In the case of exogenous melatonin, effects are highly dependent upon the time of administration. The compound's effects upon immune function have drawn particular attention. Melatonin also exhibits antioxidant activity.²⁴ Research suggests that melatonin may be as much as 10 times more active than vitamin E as an antioxidant.

Clinical Applications

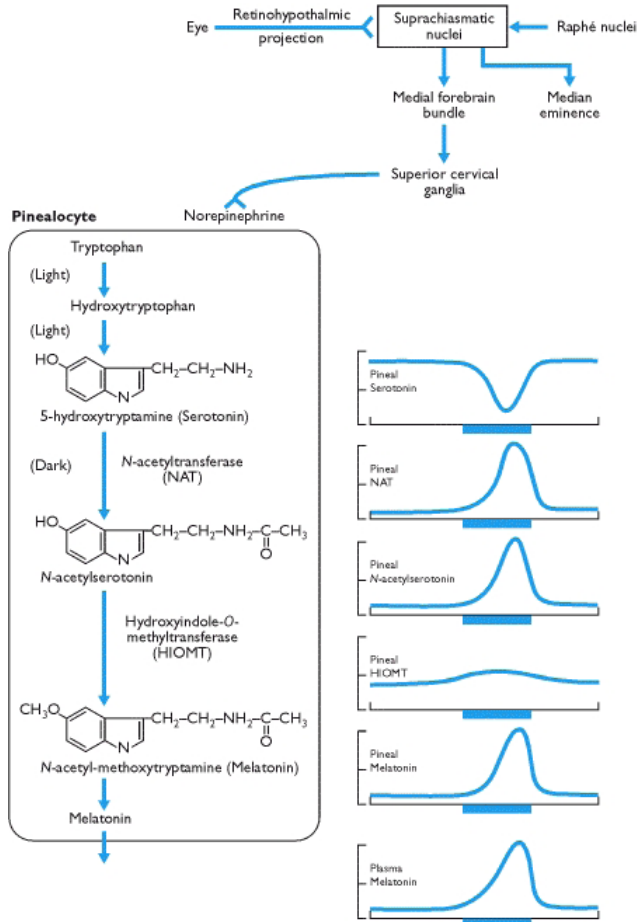
Some physicians argue that melatonin will slow aging based upon the observation that older persons may have lower nocturnal serum melatonin concentrations. However, the main clinical uses are to support healthy sleep patterns, especially in the face of temporary sleeplessness¹⁻⁹, and to restore regular sleep patterns disrupted due to travel across time zones^{9,12}, stress^{5,15,25} and shift work²⁻⁴.

Supplement Facts		P3258
Serving Size 1 Lozenge		
		Amount Per Serving
Vitamin B ₆ (Pyridoxine HCl)		3 mg
Melatonin		3 mg

Other ingredients: Fructose, Cellulose, Stearic Acid (vegetable source), Mannitol, Natural Peppermint Flavor, Sorbitol and Magnesium Stearate (vegetable source).

Contains no salt, starch, yeast, wheat, gluten, soy, milk, egg or preservatives.

Vegetarian/Vegan Formula.



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References continued on page 3

Complementary Products

For more general support of mood and cognitive factors, concomitant usage with **Phosphatidyl Serine (P2385)** and/or **Brain Regain (P3303)** is suggested. **Acetyl-L-Carnitine (P0076)** can be added to any of these regimens.

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