



Melatonin: Beyond sleep – a multifaceted supplement*

Most of us are familiar with the healthy sleep cycle supporting properties of melatonin.* However, not all of us are aware that melatonin is also involved in many of the regulatory processes of the body, including some aspects of immune system function and the maintenance of GI health.*



Immune Health*

- Melatonin acts on both the innate and specific responses of the immune system via combined mechanisms that mainly involve the modulation of cytokines and free radical production.*
- A meta-analysis of 13 clinical studies indicates that melatonin supplementation significantly influences TNF- α and IL-6 levels.*



Gastro-intestinal Health*

- Endogenous melatonin is found in high concentrations in gastric and duodenal mucosa.
- Melatonin serves as a major neutralizing factor of free radicals in gastric mucosa.*
- Melatonin supports normal GI healing processes.*

At Protocol For Life Balance®, we believe that offering a wide range of products within one category gives practitioners the flexibility to recommend unique products tailored to their patients' needs. With three melatonin products ranging from a 3 mg lozenge to a 20 mg veg capsule, practitioners can confidently recommend these affordable dietary supplements for different health concerns, including supporting a healthy sleep-wake cycle, optimizing immune health, and maintaining a healthy GI tract.*

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