



# Meet our maximum strength Melatonin



## Bioactive Compounds

- 20 mg Melatonin (N-Acetyl-5-methoxytryptamine)
- Immediate-release vegetarian capsules



## Bioavailable Compounds

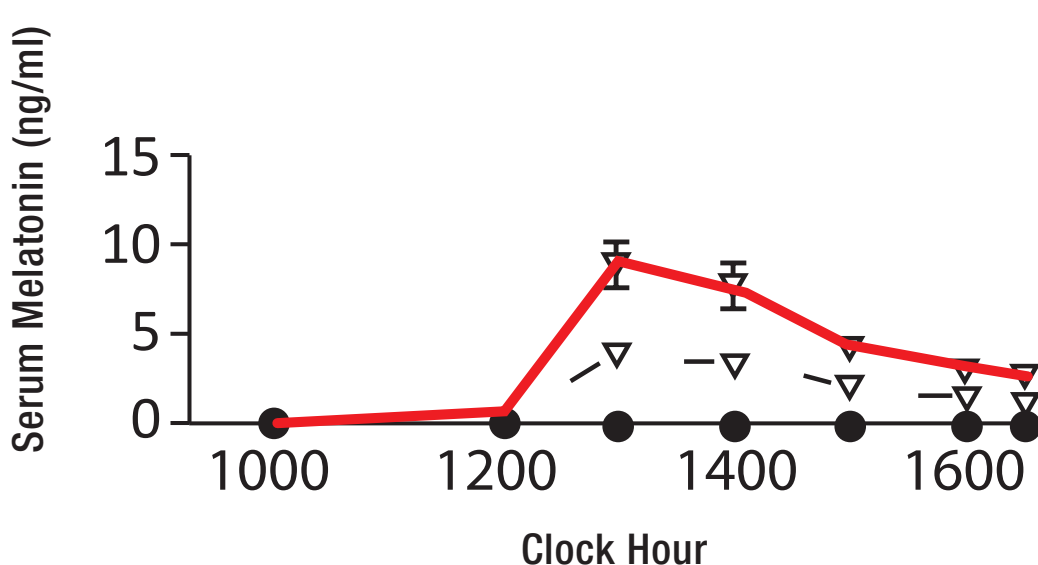


Figure 1: Mean serum melatonin profiles of 20 healthy individuals after ingesting 10 mg (clear triangle), 20 mg (red line) melatonin or placebo (black dash). Melatonin was ingested at 11:45 a.m. Peak plasma concentration was at 1 p.m. Adapted from Dollins et al.



## Healthy Sleep Cycle\*

Supports healthy sleep patterns especially when traveling across time zones or for shift workers\*



## Gastro-intestinal Health\*

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

At Protocol For Life Balance®, we believe that thinking outside the box is an important part of product development. While lower doses of melatonin have been used for decades to support healthy sleep cycle, we researched for other possible uses of melatonin based on its known biological properties.\* After extensive literature research, we noticed that higher daily doses of melatonin have gastrointestinal health supporting properties, leading to the creation of a 20 mg dose of melatonin in one vegetarian capsule.\* This simple formula fits perfectly with our ethos of providing clean, affordable, clinically evaluated products that practitioners can reliably recommend to their patients.