**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-HP, 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 cycles\(^1\)
- 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\(^9, 12, 13, 15, 25\), and shift work\(^2, 4\)
- Melatonin exhibits antioxidant activity\(^24\)

**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 NSAIDs\(^12\), anti-diabetes drugs\(^13\), benzodiazepines\(^14, 15\), CNS depressants, including alcohol\(^4, 16\), oral contraceptives\(^17\), antidepressants\(^16, 18, 20\), anti-psychotics\(^16\), immunosuppressants\(^16, 18, 21\), antihypertensives\(^16, 18\), and St. John's Wort and 5-HTP.\(^18\)

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.*
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 zones6,12, stress5,15,25 and shift work2-4.

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.

Supplement Facts

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<th>Amount Per Serving</th>
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<tr>
<td>Vitamin B6 (Pyridoxine HCl)</td>
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<td>Melatonin</td>
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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.

REFERENCES


References continued on page 3


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