

MELATONIN

SLEEP

FOR RESOLVING MELATONIN
DEFICIENCY, INSOMNIA, IRRITABILITY
AND MEMORY LOSS



PRODUCT DESCRIPTION

MELATONIN is a neuro-hormone that is related to a wide range of physiological functions in the human body. **MELATONIN** (N-acetyl-5-methoxytryptamine) is both a neurotransmitter and a hormone that is most known for regulating the body's circadian rhythm ("internal body clock" that regulates the 24-hour cycle of biological processes, including the sleep/wake cycle). **MELATONIN** also works in synch with the neurotransmitter serotonin and both are made from the same chemical precursor. Low levels of melatonin have been associated with depression, fibromyalgia, insomnia, some seizure disorders, etc. Night-time light exposure and taking certain drugs like beta-blockers reduce melatonin levels. Some health practitioners have observed that administering melatonin to children with attention deficit disorder often causes those children to become more calm and more focused in their thoughts.

RESEARCH

Since beta-blockers suppress endogenous nighttime melatonin secretion and may cause insomnia, randomized, double-blind, placebo-controlled, parallel-group testing on whether nightly melatonin supplementation improves sleep in hypertensive patients treated with beta-blockers was done. Three weeks of nightly melatonin supplementation significantly improved sleep quality.

Scheer, FA, "Repeated melatonin supplementation improves sleep in hypertensive patients treated with beta-blockers: a randomized controlled trial" (NCT00238108). *Sleep*. 2012 Oct 1;35(10):1395-402.

During the last few decades, the incidence of sleep-onset insomnia, due to delay of circadian phase, has increased substantially among adolescents. The conclusion is that a small dose of melatonin given daily, administered in the afternoon, could advance the sleep timing and make students more alert during school days even if they continued their often irregular sleep habits during weekends.

Eckerberg, B, "Melatonin Treatment Effects on Adolescent Students' Sleep Timing and Sleepiness in a Placebo-Controlled Crossover Study." *Chronobiology International: The Journal of Biological and Medical Rhythm Research* Volume 29, Issue 9, 2012

Various Reported Medicinal Properties of Melatonin:

- Anti-anxiety
- Anti-cephalgic
- Anticoagulant
- Anti-inflammatory
- Anti-neoplastic
- Antihypertensive
- Antioxidant
- Neuro-protector
- Sleep Inducer

SUGGESTED DOSAGE

Put 5 drops under the tongue at bedtime, increasing to 15 drops if needed. Repeat during the night as needed. May also be applied topically to the temples anytime as needed.