

MELATONIN SLEEP



MELATONIN SLEEP is a neurohormone that is related to a wide range of physiological functions in the human body. Nutramedix utilizes a proprietary enhancement process that yields a highly bio-active product.

Primary Uses of MELATONIN- SLEEP:

- INSOMNIA TREATMENT
- ANTI-OXIDANT
- IMMUNOMODULATOR
- ANTI-AGING

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). Many people suffer from sleep deprivation which may be resolved with melatonin supplementation. Some of the effects of sleep deprivation are:

- PREMATURE AGING
- IMMUNE SUPPRESSION
- ANXIETY
- HYPERTENSION
- HEADACHES
- IRRITABILITY
- MEMORY LOSS
- MUSCLE ACHES

Melatonin also works in synch with the neurotransmitter serotonin. When melatonin levels increase, serotonin levels usually decrease. Exposure to light lowers melatonin levels and increases serotonin levels. Consequently, serotonin levels are lower, while melatonin levels are higher, in the winter as compared to the spring and summer, especially in patients suffering with Seasonal Affective Disorder (SAD). Low levels of melatonin have been associated with depression, fibromyalgia, insomnia, some seizure disorders, etc. 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.

Numerous published studies- including, **A review of the evidence supporting melatonin's role as an antioxidant** (2007) and **Functional Pleiotropy of the Neurohormone Melatonin: Antioxidant Protection and Neuroendocrine Regulation** (1995) support the use of melatonin as an anti-oxidant.

Numerous published studies- including, **The Immunotherapeutic Potential of Melatonin** (2005) and **Melatonin, Immune Modulation and Aging** (1994) substantiate the use of melatonin as an immunomodulator.



BIONATUS LABORATORIES

NUTRAMEDIX DISTRIBUTOR IN ECUADOR

Guayaquil, Ecuador

tel: 593-4-2562155

Web: www.nutramedix.cc

E-mail: bionatus@porta.net