

Melatonin Sustained Release

2 MG Vegetarian Capsules - 6 MG Scored Tablets



Clinical Applications

- Sleep Support*
- Helps Regulate the Body's Circadian Rhythm*
- Maintains Normal Inflammatory Balance*
- Helps Combat Jet Lag*
- Antioxidant Support*

Melatonin is a hormone produced by the pineal gland which serves to synchronize and coordinate biological functions of the body. This sustained-release formulation delivers melatonin slowly over several hours to maintain blood levels for a longer period of time.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Melatonin is produced primarily in the pineal gland but also in the bone marrow, platelets, GI tract, eyes, skin and lymphocytes.¹ It's chemical precursor is serotonin, a neurotransmitter derived from tryptophan. Serotonin must be acetylated and methylated to form melatonin. Synthesis and production of melatonin is affected by light exposure to the eyes; serum concentrations of melatonin are typically low during the day hours and increase when dark. Since it has important effects in affecting circadian rhythms, melatonin has also been reported to have significant effects on reproduction in addition to sleep-wake cycles and antioxidant function.

Nighttime secretion of melatonin is at its highest during childhood and decreases over time. Research suggests that melatonin supplements support healthy sleep patterns in certain individuals, such as the elderly, individuals with nighttime working hours, or people traveling across time zones.²⁻⁷ Low levels of melatonin in the body are often associated with sleep disturbances.¹

Sleep Support*

Melatonin supports the quality of healthy sleep as it relates to falling asleep, sleep efficiency and awakening. Five milligrams of melatonin have been found to be associated with a reduction in sleep onset latency by up to 16 minutes in children aged 6-14 yrs,⁸⁻¹⁰ and similar results were found in children using 3 mg of melatonin before bedtime.¹¹ In adults, studies have shown that doses between 0.3-75mg have a positive effect on increasing total sleep time and reducing the time it takes to fall asleep.^{12,13} Two studies using 5 mg of melatonin in adults with delayed sleep, found the melatonin shortened the time it took to fall asleep by 82 minutes and 115 minutes in the first and second studies.^{14,15} A study of subjects who took melatonin for one week had better initiation, maintenance, efficacy, and activity of sleep when compared to placebo.² Another randomized, double-blind, placebo-controlled study of 33 subjects found melatonin to support the onset, quality, depth and length of sleep without daytime sleepiness.¹⁶ Finally, a review of 10 trials suggests that melatonin supplementation also helps support sleep patterns in individuals crossing time zones.¹⁷

Antioxidant Support*

Melatonin has been shown to be a powerful antioxidant inducer. It supports glutathione production, and stimulates intracellular antioxidant enzyme production, including superoxide dismutase and glutathione peroxidase.¹⁸ It has also been found to scavenge free radicals and promote cytokine balance, which helps maintain normal inflammatory balance.¹⁹ Melatonin is also able to pass through the lipid part of low density lipoprotein (LDL) and act as an antioxidant in cells. It has also been found to maintain healthy blood pressure levels.¹⁸

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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625 Barksdale Road, Suite 113
Newark, DE 19711

Melatonin Sustained Release



60 (2 mg) Vegetarian Capsules

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 60	
Amount Per Capsule	
Melatonin	2 mg*
*Daily Value not established.	

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), and magnesium stearate.

60 (6 mg or 3 mg) Scored Tablet

Supplement Facts	
Serving Size 1 tablet	
Amount Per Serving	
Melatonin	6 mg *
*Percent Value not established.	

Other ingredients: Dicalcium phosphate, cellulose gum, stearates (vegetable source), silicon dioxide, ethylcellulose.

Suggested Use

Adults: 1 tablet / Vegetarian Capsules daily as needed or as directed by a healthcare professional. Best taken in the evening.

Caution

May cause drowsiness. Do not use melatonin while operating a motor vehicle or machinery. Unless instructed by your healthcare professional, do not use melatonin if you have a seizure disorder, autoimmune disorder, endocrine disorder, or diabetes; if you are pregnant, trying to become pregnant, or are breastfeeding; or if you are taking any medications. Keep out of reach of children.

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