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UPDATE

New Melatonin Delivery System For Insomnia

Many insomniacs obtain considerable benefit by taking 3-10 mg a night of melatonin, or by taking our new NATURAL SLEEP formula that combines 3 mg of melatonin with synergistic nutrients that further stabilize circadian rhythms and help the body convert dietary tryptophan into sleep-inducing serotonin.

However, everyone who suffers from insomnia is different, which is why we are introducing two new delivery systems to treat two different types of insomnia.

DIFFICULTY IN FALLING ASLEEP

For insomniacs who can't get to sleep because they don't feel drowsy at bedtime, we offer a new sublingual (under the tongue) melatonin tablet. This fast-acting source of melatonin absorbs quickly to produce almost immediate drowsiness. Each tablet contains 3 mg of melatonin. Most insomniacs will benefit from taking one to two tablets an hour before bedtime.

DIFFICULTY IN STAYING ASLEEP

For people who are able to fall asleep, but have difficulty in staying asleep, we've developed a new time-release melatonin product designed to duplicate the natural release of melatonin by the youthful pineal gland. Each time-release sublingual tablet contains 3 mg of melatonin. Insomniacs who can't stay asleep should use one to three tablets a night.

For people who have trouble getting and staying asleep, 1-2 sublingual melatonin tablets should be taken under the tongue within an hour before going to bed and 1-2 time-release melatonin tablets should be taken right before you go to bed. The sublingual tablets will quickly be absorbed to induce drowsiness, while the time-release melatonin will slowly secrete melatonin into your body to keep you asleep.

All melatonin supplements offered by The Life Extension Buyers Club, are comprised of pharmaceutical-grade melatonin (99.7% to 100% pure). This premium-grade melatonin costs us up to twice as much as the lower grades of melatonin now flooding the market, but we believe that members of The Foundation should only use the identical quality-grade melatonin used in the thousands of studies showing melatonin to be safe and effective in treating insomnia, cancer, jet lag, and a host of other conditions.

To order any of our melatonin supplements, call 1-800-544-4440 or use the Life Extension Buyers Club Order Form.

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