

Melatonin

**1 mg, 60 capsules**

Item Catalog Number: 00329

Melatonin releases from the pineal gland, reaching its peak at night to help maintain healthy cell division in tissues throughout the body. Secretion of melatonin declines significantly with age, as the pineal gland becomes calcified.<sup>68,69</sup> Jet lag, shift work, and poor vision can disrupt melatonin cycles.

Melatonin keeps our circadian cycle in tune as it communicates with the body's cells.<sup>70,71</sup> Not only does this hormone work to maintain cell health, it appears to regulate a system of self-repair and regeneration.<sup>72,73</sup> As this hardworking hormone diminishes with age, our biological functions are impaired.<sup>74,75</sup> In addition to its hormone actions, melatonin also has strong antioxidant properties. Melatonin directly scavenges both hydroxyl and peroxy free radicals, and it does so more effectively than most other antioxidants. It also greatly potentiates the efficiency of other endogenous and exogenous antioxidants.<sup>76</sup> Melatonin is especially important for protecting cellular DNA against peroxynitrite damage by inhibiting peroxynitrite free radical reactions.<sup>77</sup> Many people use melatonin to help improve sleep. Some research has found that melatonin increases the speed of falling asleep and adds to the quality of sleep in about 60% of people who use it.<sup>78-81</sup>

## References

## Supplement Facts

Serving Size 1 capsule

Servings Per Container 60

### Amount Per Serving

Melatonin 1 mg

Other ingredients: gelatin, rice flour, magnesium stearate

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one capsule 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner. Many experts are now recommending that healthy people take at least 300 mcg of melatonin at night. Do not operate heavy machinery while using this product.

## Caution

Do not use melatonin if you have asthma or an autoimmune disease.

## Attention New Zealand Customers

For all melatonin orders, please contact our authorized Fiji distributor at [lepac@connect.com.fj](mailto:lepac@connect.com.fj) directly.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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