

# MELATONIN



Melatonin is a natural hormone secreted by the pineal gland that regulates the human biological clock. Normally, the body makes melatonin for several hours per night, thus regulating the wake-sleep cycle. The body's production of melatonin decreases with advancing age. Melatonin also has beneficial effects on immune function. Supplemental melatonin can help compensate for reduced body synthesis and regulate sleep patterns during times of disrupted quality of sleep, such as may occur with jet lag or other alterations of the body's natural sleep patterns. However, because melatonin is a potent hormone, it should be taken only with the supervision of a doctor.

## FREQUENTLY ASKED QUESTIONS

### What is melatonin?

Melatonin is a hormone produced by the pineal gland located within the brain that regulates the body's internal clock. Levels of melatonin in the body fluctuate with the cycles of night and day. The highest melatonin levels are found at night.

### Does melatonin occur in the diet?

Melatonin is present in foods only in trace amounts.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

### Amount Per Capsule

Melatonin	3 mg*
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\*Daily Value not established.

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

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### Are there any side effects or precautions?

Very few side effects have been observed with melatonin; however, morning grogginess, undesired drowsiness, sleepwalking, and disorientation have been reported. Pregnant or breast-feeding women should not take melatonin. Individuals with severe depression or schizophrenia, epileptics, and those with autoimmune disease should take melatonin only under medical supervision.

### Are there any potential adverse drug interactions?

None have been reported.

This product contains pharmaceutically pure melatonin supplied in vegetarian capsules. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.



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.