

Melatonin Spray

Advanced Sleep and Mood Support



Sleep

Mood

Circadian Rhythm

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Melatonin Spray

Available in 75 Serving Liquid Bottles

Melatonin Spray is a dietary supplement to support normal sleep. Melatonin is the principle hormone produced and secreted by the brain's pineal gland and is responsible for maintaining circadian rhythm (the body's biological clock), regulating the endocrine (hormone) system and supporting the immune system. At night, the secretion of melatonin is much higher than during the day. When this process is interrupted, certain symptoms can occur such as disruptions in the sleep/wake cycle, headaches, mental and physical fatigue and irritability.

LIPOSOMAL DELIVERY SYSTEM

A liposomal liquid delivery system allows for flexible, convenient dosing of Melatonin in order to address individual requirements. Liposomal technology helps to maintain the health benefits of Melatonin by protecting it from the degradative environment of the stomach. This is especially beneficial for patients who have had gastric bypass or general gastro-intestinal dysfunction. Liposomal encapsulation of ingredients represents a new delivery system that appears to offer important advantages over existing methods of delivery.

Recommended for:

- Sleep support
- Antioxidant and immune system support
- Balanced circadian rhythms important for recovery from jet-lag and rotating shift work
- Mood Balance

WHY IS MELATONIN IMPORTANT?

Low levels of melatonin could result in poor sleep patterns, low mood, delayed sleep phase syndrome, insomnia associated with attention deficit hyperactivity disorder, irritability, learning disorders, poor concentration, seasonal affective disorder, menstrual disturbances and headaches.

SLEEP QUALITY

Melatonin plays an important role in when we fall asleep and when we wake up. Darkness stimulates the release of melatonin and light suppresses its activity. Normal melatonin cycles are disrupted when we are exposed to excessive light in the evening or too little light during the daytime. Melatonin supports sleep onset and quality of sleep and increased Rapid Eye Movement time, deep sleep and dreaming. These changes demonstrate better quality sleep, which produces greater mental, physical and emotional rejuvenation. Melatonin can decrease the amount of time required to fall asleep, increase the number of sleeping hours and support daytime alertness.

JET LAG AND ROTATING SHIFT WORK

Jet lag and rotating shift work can interfere with the body's natural circadian rhythm. Melatonin supports quality sleep and balanced circadian rhythms in people with disrupted circadian rhythms (such as those suffering from jet lag or poor vision or those who work the night shift) and those with low melatonin levels (such as some elderly).

MENOPAUSE SUPPORT

Melatonin is also one of the hormones that controls the timing and release of female reproductive hormones. It helps determine when menstruation begins, the frequency and duration of menstrual cycles, and when menopause begins. It's a powerful regulator of sex hormone production and can affect mood, immunity, reproduction and bone health. Melatonin supplements may benefit menopausal women by supporting and sustaining sleep and by supporting osteoblasts that support bone health.

IMMUNE AND ANTIOXIDANT SUPPORT

Melatonin has strong antioxidant properties and helps support immune system strength. As an antioxidant it is six to ten times more potent than vitamin E, and is one of the few antioxidants that can enter the mitochondria to protect it from free radical damage.

MOOD SUPPORT

Some people experience a depressed mood when low sunlight levels (winter) are not sufficient for their pineal glands to decrease melatonin production to its normal low daytime level. Melatonin supplementation can support mood balance seasonally or in times of low mood.

SUPPLEMENT FACTS

Available Bottle Size: 1 fl oz
Serving Size: 2 Sprays (0.4 ml)
Servings Per Container: 75

Amount Per Serving

Melatonin.....3 mg

Other Ingredients: glycerin, water, sunflower lecithin, oleic acid polyglyceride, citric acid, xanthan gum, orange oil, rosmarinic acid.

Suggested Use: As a dietary supplement, hold nozzle 1" from mouth, spray twice and swallow, or as directed by your healthcare practitioner. Shake well before each use.

Warning: Not for use by individuals under the age of 18 years, pregnant or lactating women, persons taking cortisone, or persons with kidney disease. Consult your physician if taking medications for sleep, anxiety or if on any anti-coagulant, antidepressant, antipsychotic or anti-hypertensive drugs.



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