

# Melatonin

3 mg with Vitamin B-6



Recommended  
by  
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## DESCRIPTION

Melatonin capsules contain 3 mg of highest purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

## FUNCTIONS

Melatonin is a natural hormone nutrient that is synthesized from the amino acid tryptophan by the pineal gland in the back of the brain. Melatonin also occurs in small amounts in a variety of foods. In the body, melatonin appears to regulate sleep/wake cycles, support normal immune function, and protect cells from free radical damage. Most of the research on melatonin has focused on its role in maintaining normal sleep/wake rhythms. The perception of daylight in the eyes is a signal for the pineal gland to inhibit melatonin synthesis and release. At night or in the dark, the body's melatonin production rises. The rise in plasma melatonin is thought to be responsible for bringing on sleep. Nocturnal melatonin production is highest in children and begins to decline from adolescence on until it is virtually absent in the elderly.

Melatonin supports normal immune function by helping maintain the activity of circulating natural killer cells. It also has been found to function as an antagonist for stress-induced immunosuppression.

Melatonin is considered a potent antioxidant that enters all body cells to help prevent free radical damage. In the brain, melatonin is perhaps the most important physiological antioxidant. Due to its lipid and water-soluble properties, it can freely cross the blood-brain barrier. In vitro studies show that melatonin is more effective than glutathione in scavenging toxic hydroxyl radicals, and also more efficient than vitamin E in neutralizing peroxy radicals which can induce DNA damage. Furthermore, melatonin stimulates the main antioxidant enzyme of the brain, glutathione peroxidase.

## INDICATIONS

Melatonin capsules may be a useful nutritional adjunct for individuals who wish to support the body's pineal gland function.

## SIDE EFFECTS

Warning: USE ONLY AT BEDTIME. Not for use by children under 18 years. If pregnant or using a prescription drug, consult a healthcare professional. Do not take this product if you suffer from an autoimmune disease, depression, diabetes, endocrine disorder or thyroid condition. Do not use this product while operating a motorized vehicle or heavy machinery.

## FORMULA (WW #10107)

### 1 Tablet Contains:

Vitamin B-6 (as pyridoxine HCl)..... 10 mg  
Melatonin ..... 3 mg  
Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, modified cellulose gum, vegetable stearin, magnesium stearate, and silica.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 tablet 20 minutes before bedtime, or as directed by a healthcare professional. Do not exceed 1 tablet per 24 hours.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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