

# Melatonin XR 5 mg

*Biphasic Delivery System of Melatonin*



Recommended by  
Angie Svoboda, Pharm D.

## DESCRIPTION

Melatonin XR 5 mg is formulated with extended-release melatonin as well as vitamin B-6 to support normal circadian rhythms and sleep-wake cycles. Melatonin XR 5 mg features a biphasic delivery system which delivers melatonin both quickly and then over a period of several hours after ingestion.

## FUNCTIONS

Melatonin is a hormone secreted by the pineal gland in the brain and is used by the body to help regulate the body's internal clock and induce sleep. Melatonin secretion is regulated by the hormone/neurotransmitter norepinephrine. Exposure to environmental light (such as daylight) reduces melatonin synthesis by halting stimulation of norepinephrine. Whereas exposure to dark environments does just the opposite. That is why it is easier for individuals to fall asleep when it is dark outside as opposed to bright, sunny times of the day. Therefore, normal circadian rhythms are imperative for proper melatonin production and a healthy sleep cycle.

A host of benefits have been found from supplementing with extended-release melatonin, based on its ability to support healthy sleep patterns. Conversely, when circadian rhythms and sleep patterns are altered, a wide range of health problems are more likely to occur. Individuals with irregular sleep patterns, night shift workers, and those suffering from jet lag, may benefit from extended-release melatonin supplementation. Extended-release melatonin may also prove helpful for those individuals having trouble falling asleep or staying asleep at night.

Melatonin also appears to be a potent antioxidant with immune-enhancing properties. Melatonin XR 5 mg contains vitamin B-6 which facilitates conversion of the excitatory neurotransmitter glutamine to the "calming" neurotransmitter GABA.

Clinical applications of melatonin administration include:

- May help insomnia and jet lag
- Support for healthy growth hormone production
- Support for immune function
- Support for relaxation and calmness
- Support for proper sleep cycles and circadian rhythms

## INDICATIONS

Melatonin XR 5 mg may be a useful dietary supplement for individuals wishing to supplement their diet with melatonin.

## FORMULA (WW #10401)

### 1 Tablet Contains:

Vitamin B-6 (as pyridoxine HCl)..... 10 mg  
Melatonin ..... 5 mg  
Other Ingredients: Methocel, dicalcium phosphate, stearic acid, silicon dioxide, hydroxypropyl methylcellulose.

Vegetarian, Gluten-Free, Non-GMO

## SUGGESTED USE

As a dietary supplement, adults take 1 tablet 30-60 minutes before bed, or as directed by a healthcare professional.

## SIDE EFFECTS

Caution: If you are pregnant or nursing, please consult your healthcare professional before using this product.

## STORAGE

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

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.

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295