

## Melatonin 3 mg Dissolvable Tablets

### DESCRIPTION

Melatonin provided by Douglas Laboratories, contains 3 mg of high purity melatonin in a dissolvable tablet, formulated to slowly breakdown and release in the small intestine. It is produced under strict Good Manufacturing Practices (GMP) standards.

### INDICATIONS

- Promotes the body's natural sleep cycle<sup>‡</sup>
- Helps augment the natural functioning of the pineal gland<sup>‡</sup>

### FUNCTIONS AND MECHANISM OF ACTION

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 aids in protection 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 immune-suppression. 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. <sup>‡</sup>

### FORMULA (#81322)

1 Dissolvable Tablet

Melatonin ..... 3 mg

Other ingredients: Microcrystalline cellulose, fructose, dicalcium phosphate and vegetable stearate

### SUGGESTED USE

As a dietary supplement, adults take 1 tablet 30 minutes before bedtime, or as directed by your healthcare professional only. Allow tablet to dissolve in mouth and then swallow.

### WARNING

Consult a health professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

KEEP OUT OF THE REACH OF CHILDREN.

### STORAGE

Store in a cool, dry place. Use only if safety seal is intact.

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### REFERENCES

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For more information on Melatonin 3 mg visit [douglaslabs.com](http://douglaslabs.com)

†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.

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