

# Melatonin

Introduced 1994



## What Is It?

Melatonin is a hormone produced by the pineal gland, the organ that regulates the body's wake/sleep/wake cycle. The hormone is activated by darkness and depressed by light.\*

## Uses For Melatonin

**Promotes Natural Sleep Cycles:** Melatonin nutritionally augments the functioning of the pineal gland, supporting the body's natural sleep cycle. In one study, melatonin supported sleep onset when taken in the evening and did not cause morning drowsiness. A double blind, placebo-controlled, parallel design study suggested that melatonin supplementation enhanced sleep onset and sleep quality in subjects. One double blind placebo-controlled study involving an international flight crew suggested that melatonin supported healthy sleep and recovery patterns in these individuals.\*

## What Is The Source?

This supplement contains 99.5% pure synthetic melatonin. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 0.5-3 mg, 1/2 to 1 hour before bedtime.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids. Individuals with diabetes should consult their physician before using this product.

## Are There Any Potential Drug Interactions?

Individuals taking MAO inhibitors or corticosteroids should not use this product.

### Melatonin 3 mg.

each vegetable capsule contains  3 mg  
 melatonin..... 3 mg  
 This supplement is a 99.5% pure synthetic melatonin.  
 (hypo-allergenic plant fiber added to complete capsule volume requirement)  
*Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.*  
 1 capsule 1/2 to 1 hour before bedtime.

### Melatonin 0.5 mg.

each vegetable capsule contains  0.5 mg  
 melatonin ..... 0.5 mg  
 This supplement is a 99.5% pure synthetic melatonin.  
 (hypo-allergenic plant fiber added to complete capsule volume requirement)  
*Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.*  
 1 capsule 1/2 to 1 hour before bedtime.

### Melatonin liquid

1 ml (0.03 fl oz) contains  2.5 mg  
 melatonin (micronized)..... 2.5 mg  
 other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, black currant juice concentrate, xanthan gum, potassium sorbate, citric acid, purified stevia extract  
*Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.*  
 1/2 to 1 dropper daily, 1/2 to 1 hour before bedtime.

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.