Melatonin 3mg



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Clinical Applications



- Supports Synchronization of the Body's Daily Biorhythms*
- Supports Restful Sleep*
- Direct and Indirect Antioxidant Support*
- Supports Healthy Immune Response*
- Supports Brain Health*

Melatonin 3mg contains 3mg of purest pharmaceutical grade melatonin, in a convenient sublingual tablet. Melatonin is a hormone produced by the pineal gland that plays a key role in regulating the body's circadian rhythms and induction of sleep. It plays an essential role in regulating the sleep cycles, and when supplemented, can be helpful for those who have irregular sleep patterns. This formulation is available as 3mg for flexible dosing.*

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Melatonin is produced primarily in the pineal gland but also in the bone marrow, platelets, GI tract, eyes, skin and lymphocytes. 1 It's chemical precursor is serotonin, a neurotransmitter derived from tryptophan. Serotonin must be acetylated and methylated to form melatonin. Synthesis and production of melatonin is affected by light exposure to the eyes; serum concentrations of melatonin are typically low during the day hours and increase when dark. Since it has important effects in affecting circadian rhythms, melatonin has also been reported to have significant effects on reproduction in addition to sleep-wake cycles and antioxidant function.*

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.

Deficiency Nighttime secretion of melatonin is at its highest during childhood and decreases over time. Research suggests that melatonin supplements support healthy sleep patterns in certain individuals, such as the elderly, individuals with nighttime working hours, or people traveling across time zones. 2-7 Low levels of melatonin in the body are often associated with sleep disturbances.1

Sleep Support Melatonin supports the quality of healthy sleep as it relates to falling asleep, sleep efficiency and awakening. Five milligrams of melatonin have been found to be associated with a reduction in sleep onset latency by up to 16 minutes in children aged 6-14 yrs,⁸⁻¹⁰ and similar results were found in children using 3mg of melatonin before bedtime.¹¹ In adults, studies have shown that doses between 0.3-75mg have a positive effect on increasing total sleep time and reducing the time it takes to fall asleep. 12,13 Two studies using 5 mg of melatonin in adults with delayed sleep, found the melatonin shortened the time it took to fall asleep by 82 minutes and 115 minutes in the first and second studies. 14,15 A study of subjects who took melatonin for one week had better initiation, maintenance, efficacy, and activity of sleep when compared to placebo.² Another randomized, double-blind, placebo-controlled study of 33 subjects found melatonin to support the onset, quality, depth and length of sleep without daytime sleepiness. 16 Finally, a review of 10 trials suggests that melatonin supplementation also helps support sleep patterns in individuals crossing time zones. 17

Antioxidant Support 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. 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 peroxyl radicals which can induce DNA damage. Furthermore, melatonin stimulates the main antioxidant enzyme of the brain, glutathione peroxidase.

Melatonin has been shown to be a powerful antioxidant inducer. It supports glutathione production, and stimulates intracellular antioxidant enzyme production, including superoxide dismutase and glutathione peroxidase. 18 It has also been found to scavenge free radicals and promote cytokine balance, which helps maintain normal inflammatory balance. 19 Melatonin is also able to pass through the lipid part of lowdensity lipoprotein (LDL) and act as an antioxidant in cells. It has also been found to maintain healthy blood pressure levels. 18



Supplement Facts

Serving Size 1 Tablet Servings Per Container 60

Amount Per Serving

%DV

Melatonin......3 mg

*Daily Value not established.

Other ingredients: Cellulose, fructose, dicalcium phosphate and vegetable stearate.

Directions

Take 1 tablet 30 minutes before bedtime, or as directed by your healthcare provider. Allow to dissolve in mouth and then swallow.

Does Not Contain

This product contains no yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, flavors, preservatives, or genetically modified organisms (GMOs).



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*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.