

# MELATONIN



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## WHAT IS MELATONIN?

Melatonin is a hormone that is secreted by the pituitary gland located in the brain. It is produced and released in response to darkness. Due to this, melatonin is naturally produced at night and is present in the body in large concentrations during sleep with levels tapering off during day time hours. Melatonin is produced in the brain but it has effects throughout the body as it is transported through the blood systemically to organs such as the pancreas, liver, kidneys, stomach and intestines.

## WHAT DOES MELATONIN DO?

We can look at melatonin as the master regulator of the body. It is a potent antioxidant whose primary function is to regulate the circadian rhythm, also known as our sleep/wake cycle. It gets secreted as it gets dark outside, signaling the body to prepare for sleep. As dawn breaks, levels drop acting as a physiological cue that wakes us up in the morning. A disruption in our circadian rhythm (melatonin production) is correlated to several health conditions. In addition to promoting a healthy sleep cycle, melatonin is an integral part of the immune system, it reduces inflammation and it protects tissues from damage.

## WHO WOULD BENEFIT FROM A MELATONIN SUPPLEMENT?

- Shift workers
- Those changing time zones
- Individuals exposed to blue light before bed
- Those who spend more than 5 hours looking at screens during the day
- People with high caffeine consumption

## WHY SUPPLEMENT MELATONIN?

Melatonin production is compromised by exposure to blue light (from screens), exposure to any light after sunset, caffeine consumption throughout the day and stress- all prevalent in our daily lives! The role melatonin plays in regulating the circadian rhythm has vast implications when it comes to our health. Our body regenerates and repairs while sleeping, which can be negatively impacted if melatonin secretion is inadequate. To compound on this, melatonin is a potent antioxidant that protects against many modern-day illnesses. Supplementing with melatonin when the body is unable to synthesize adequate amounts can promote restful sleep and protect against chronic illness.



### IMPROVES SLEEP

- Lowers body temperature (essential to induce sleep)
- Decreases the time it takes to fall asleep
- Increases total sleep time
- Improves overall sleep quality



### NEUROPROTECTIVE [LEARN MORE](#)

- Promotes growth of new neurons
- Increases neuroplasticity
- Can slow the progression of neurodegenerative disease
- Protects the aging brain and helps in brain development



### IMMUNE FUNCTION [LEARN MORE](#)

- Modulates the immune system
- Combats pro-inflammatory molecules
- Exhibits potent antiviral activity
- Enhances both innate and cellular immunity



### ANTI-CANCER [LEARN MORE](#)

- Supportive adjunctive treatment to conventional and integrative cancer programs
- Can assist apoptosis mechanisms
- Plays a role in mitigating the tumor microenvironment
- Supports tumor reduction and reduces rate of metastasis

### INDICATED IN:

- Insomnia
- Heart Disease
- Menopause
- Osteoporosis prevention
- As an adjunctive support in various cancers
- Fibromyalgia
- Chronic pain
- IBS
- Jetlag
- Some children's sleep disorders