



Nutritional support for natural sleep patterns and immune system health

APPLICATIONS / BENEFITS

- Helps the body regulate wake/sleep cycle
- Promotes onset of sleep
- Supports sleep quality
- Improves antioxidant and immune system activity
- Variety of dosages and delivery methods available

OVERVIEW

A natural hormone synthesized from the amino acid tryptophan by the pineal gland, melatonin acts as a powerful regulator of sleep and the body's daily rhythmic cycles. Melatonin is also an important antioxidant, acting as an effective scavenger of free radicals. Many factors can cause a decrease in natural melatonin levels, including aging—with some older adults making very small amounts or none at all—insufficient exposure to natural light, and certain medications. As melatonin is naturally activated by darkness and depressed by light, irregular schedules can disrupt its production. Supplementation with melatonin has proven to be beneficial for the elderly, those with shift work hours or suffering from jet lag, and people who have difficulty falling asleep.

Patient One Melatonin offers a 3 mg gradual release and a 5 mg option to accommodate different patient needs and preferences.

KEY INGREDIENTS

Patient One Melatonin plays an important role in regulating the body's daily and annual biological rhythms, the sleep/wake cycle. When taken before the onset of the natural melatonin secretion, melatonin can promote sleep. It is believed that melatonin potentiates the effects of gamma-aminobutyric acid (GABA) via direct interaction with GABA receptors, resulting in relaxation. Researchers have indicated that melatonin supports the quality of sleep as it relates to falling

asleep, sleep efficiency (percent of healthy sleep to total time in bed), and awakening.

Studies suggest that melatonin also supports antioxidant activity, cardiovascular health and immune function. Intracellular melatonin is concentrated in the mitochondria, a major site of oxidative metabolism. Melatonin has also been found to support extracellular antioxidant activity, support glutathione production, and stimulate production of intracellular antioxidant enzymes.

RESEARCH

- A study investigating the effect of melatonin treatment on melatonin-deficient insomnia in the elderly suggests that melatonin replacement therapy, using a low dosage of melatonin, has specific effects on sleep initiation and maintenance in these patients. A 1-week treatment of 2 mg sustained-released melatonin was effective on sleep maintenance (i.e. sleep efficiency and activity level) of elderly insomniacs. This study suggests that melatonin appears to have a beneficial effect when administered in the form of sustained-release tablets and should be used over the long term. ⁽¹⁾

- A randomized, double-blind, placebo-controlled trial was performed on humans with unselected neuro-psychiatric sleep disorders and reduced REM sleep duration to evaluate the effects of exogenous melatonin on disturbed REM sleep. The results of the study show that melatonin was significantly more effective than

placebo. Patients on melatonin experienced significant increases in REM sleep percentage and improvements in subjective measures of daytime dysfunction as well as clinical global impression score.⁽³⁾

REFERENCES

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Supplement Facts

Serving Size: 1 Capsule

Serving Per Container: 60

Amount Per Serving

Melatonin (Gradual Release)	3 mg*
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* Daily Value not established.

Other Ingredients: sugar spheres, vegetable cellulose (capsule), magnesium silicate, food glaze

Supplement Facts

Serving Size: 1 Capsule

Serving Per Container: 60

Amount Per Serving

Melatonin	5 mg*
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* Daily Value not established.

Other Ingredients: rice flour, vegetable cellulose (capsule)

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule before bedtime as a dietary supplement, or as directed by your health practitioner. Store in a cool, dry place.

Caution: Not to be taken by pregnant or lactating women. Use may be contraindicated with depression, SAD, autoimmune disease, schizophrenia, asthma and when taking MAOIs or corticosteroids. May cause drowsiness. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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