



MELATONIN PROFESSIONAL DOSE



Supplement Facts		
Serving Size: 0.2 mL (1 pump)	Amount	% Daily
Servings Per Container: 150	Per Serving	Value
Melatonin	4mg	**
Essential Phospholipids (from purified sunflower seed lecithin)	16mg	**
**Daily Value not established		
Other Ingredients: Water, glycerin, ethanol, vitamin E (as tocopherol) and natural mixed tocopherols, medium-chain triglycerides		

Liposomal Melatonin Professional Dose is an advanced delivery form of the body's primary sleep-modulating hormone, melatonin. Melatonin is principally produced by the pineal gland in the brain, with smaller amounts produced in peripheral tissues. It is most well-known for its role in regulating the circadian rhythm and facilitating sleep. However, emerging research indicates that this hormone does so much more, influencing everything from cognition to gut health.

Liposomal Melatonin Professional Dose offers a higher dose than our Liposomal Melatonin, at 4 mg melatonin per 0.2 mL pump, and is recommended for use under the guidance of a qualified healthcare professional.

MODERN-DAY LIFESTYLE DIMINISHES MELATONIN

A circadian rhythm is an internal set of biological processes in the body that follows an approximately 24-hour cycle and regulates many aspects of our behavior and physiology. Melatonin is the primary regulator of the circadian rhythm. Its release is triggered by darkness and inhibited by light, whether from the sun or a glowing computer screen.

A variety of factors in our modern-day world disrupt our circadian rhythms and diminish natural melatonin production, including jet lag, exposure to non-native EMFs (EMFs produced by man-made technologies), blue light exposure at night, exercise performed late in the day, and aberrant sleeping patterns.^{1,2,3,4,5,6} Melatonin production also naturally declines with age.⁷ Melatonin supplementation can help correct these deficits by realigning the circadian rhythm, restoring healthy sleep patterns and whole-body wellbeing.

Importantly, melatonin does not cause sleep; instead, by signaling to our circadian system that darkness has arrived, melatonin acts as the "starting gun" for the beginning of the "race" that is sleep.

SUPPORTS MOOD AND COGNITION AND DETOXIFIES THE BRAIN

Melatonin doesn't just ease the body into sleep – it is also a potent neuroprotective antioxidant. In fact, the antioxidant properties of melatonin have an array of beneficial effects on the brain. Melatonin protects the brain from oxidative stress resulting from traumatic brain injury.^{8,9,10} It may also prevent or alleviate depression and anxiety by quenching neuroinflammation.¹¹ Emerging research also suggests that supplementation with low-dose melatonin in the afternoon or evening alleviates seasonal affective disorder (SAD), a type of depression related to changes in seasons and the circadian system.¹²

Not to be overlooked is melatonin's critical role in brain detoxification. Melatonin helps the brain eliminate harmful waste by facilitating deep non-REM sleep, which, in turn, activates the glymphatic system.¹³ The glymphatic system is a waste clearance system in the central nervous system that removes metabolic wastes and toxic proteins, allowing the brain to function optimally. Insufficient glymphatic system activity caused by a lack of deep sleep permits the accumulation of misfolded, toxic proteins in the CNS, which play a role in neurodegenerative diseases such as Alzheimer's disease.¹⁴

BENEFITS & APPLICATIONS:

- Supports a healthy circadian rhythm and sleep cycle^{1,2}
- Normalizes sleep during or after travel across time zones²
- Antioxidant properties⁸
- Neuroprotective properties – reduces brain inflammation and supports healthy mood and cognition^{10,11}
- Alleviates winter blues¹²
- Promotes brain detoxification by activating the glymphatic system^{13,14}
- Supports gut health^{15,16,17}
- Supports cardiovascular and metabolic health^{18,19,20,23}
- Modulates immune function^{25,26}

NORMALIZES GI FUNCTION

Melatonin doesn't just impact the brain - melatonin receptors are widely distributed throughout the body. As a result, this hormone exerts biological effects on numerous body systems, including the gastrointestinal tract.

Melatonin has been found to promote normal bowel patterns and elimination, reducing gastrointestinal discomfort.¹⁵ Optimal melatonin levels may also support an anti-inflammatory, metabolically-healthy gut microbiota, a foundational element of whole-body health.^{16,17}

REGULATES CARDIOVASCULAR AND METABOLIC HEALTH

Melatonin also promotes cardiovascular health, which research suggests is impacted by decreased melatonin secretion.¹⁸ It attenuates atherosclerosis by upregulating mitophagy, the selective degradation of defective mitochondria, and by inhibiting the NLRP3 inflammasome.¹⁹

Melatonin is also a key regulator of glucose metabolism and energy balance.²⁰ In animals, removal of the pineal gland (where melatonin is made) has been found to induce glucose intolerance and insulin resistance.^{21,22} Conversely, restoration of optimal melatonin levels abolishes these adverse effects, restoring insulin sensitivity and glucose tolerance.²³

Melatonin may support healthy blood glucose control and body weight by alleviating the inflammatory processes that promote metabolic dysfunction and by balancing hormones involved in food intake, such as leptin. The relationship between melatonin and metabolic health explains why sleep deprivation is so strongly linked to the development of insulin resistance and type 2 diabetes in humans.²⁴

OPTIMIZES IMMUNITY

Emerging research indicates that melatonin has profound effects on the immune system. It protects against aberrant cell proliferation and balances the pro-inflammatory and anti-inflammatory branches of the immune system.^{25,26} These immunomodulatory properties may explain why artificial light exposure at night and sleep deprivation/disturbances are implicated in the development of breast malignancies and other neoplasms.²⁷

LIPOSOMAL MELATONIN OFFERS SUPERIOR BIOAVAILABILITY

Supplemental melatonin typically has low oral bioavailability.²⁸ However, liposomal delivery systems have been found to significantly enhance the pharmacokinetics of this critical hormone, boosting its therapeutic benefits.²⁹

Our Liposomal Melatonin Professional Dose is a fast-acting, long-lasting, oral melatonin in a convenient pump bottle that allows for easy dose titration, depending on your patients' unique needs. Liposomal Melatonin Professional Dose offers 4 mg melatonin per 0.2 mL pump, a significantly higher dose than the 1 mg melatonin per pump provided by our Liposomal Melatonin. Due to the high dose, we recommend that patients take Liposomal Melatonin Professional Dose under the guidance of a qualified healthcare professional.

Absorption of our melatonin formula begins as soon as it hits your patient's mouth, allowing for more rapid effects than any other melatonin product on the market. Our advanced liposomal delivery system prolongs the systemic effects of melatonin on the body, allowing your patients to take a single dose that supports optimal melatonin levels all night long. This precise delivery system differentiates our melatonin from other melatonin products on the market, which typically require very high doses and can cause an uncomfortable "melatonin hangover" the following morning.

Quicksilver Delivery Systems® brings the power of intravenous therapy into convenient oral delivery. Our Quicksilver Delivery System® improves upon liposomal and emulsification technology with smaller, more stable particles made from the highest-grade ingredients available. In addition to exceptional absorption rates, these tiny liposomal and nanoemulsified particles enhance the lymphatic circulation of nutrients and intracellular delivery.^{30,31} The phospholipids, inherent in the liposomal and nanoemulsified formats, nourish cell membranes, promoting proper function for the absorption of nutrients and the excretion of cellular waste products and toxins.³²

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