

MELATONIN

THE SLEEP REGULATOR

MELATONIN KEY POINTERS

1. Melatonin is a sleep supplement to improve overall sleep health naturally.
2. Melatonin is excellent for relaxing our mind and increasing overall sleep duration.
3. Unlike sleep medications, Melatonin is non-habit forming and non-addictive.
4. Melatonin aids in regulating the body's natural sleep cycle, which helps calm the body, mind and get one into sleep mode.
5. It also supports our sleep health by increasing the levels of GABA (Gamma Amino Butyric Acid) in our body.
6. Melatonin helps reduce the groggy feeling in the morning and make us feel refreshed.
7. Acts as a potent antioxidant and supports gastrointestinal health as a disrupted sleep cycle can lead to digestion related complications.
8. Can be consumed by frequent travellers to combat jet lag.
9. Perfect for anyone experiencing sleep issues, has rotational work schedules or commonly suffer from stress and anxiety.
10. The best time to consume Melatonin is at bedtime.

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THE SLEEP REGULATOR



**Improves
Sleep Quality**



**Reduces
Stress & Anxiety**



**Eases
Jet Lag**



**Improves
Metabolism**



**Relaxes
Mind**



**Promotes
Healthy Sleep Cycle**



**Supports
Eye Health**



Non - Habit Forming

