Controlled-Release Melatonin

DESCRIPTION
Controlled-Release Melatonin tablets, as provided by Douglas Laboratories®, contain 2 mg of highest purity melatonin produced under strict Good Manufacturing Practices (GMP) standards. A natural vegetable stearine base ensures a steady intestinal release of easily absorbable melatonin spread out over approximately three hours.

FUNCTIONS
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.

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 immunosuppression.
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.

Absorbed melatonin entering the blood stream is rapidly metabolized by the liver and the breakdown products are excreted by the kidneys. The half-life of conventional oral melatonin preparations is 20-50 minutes. Douglas Laboratories' Controlled-Release Melatonin is designed to release its melatonin into the small intestine over a period of approximately three hours. This results in a more gradual and longer-lasting elevation of blood melatonin levels, more closely resembling the natural secretion pattern of endogenous melatonin.

INDICATIONS
Controlled-Release Melatonin tablets may be a useful nutritional adjunct for individuals who wish to supplement with the hormone melatonin.

FORMULA (MEL-CR)
Each controlled-release tablet contains:
Melatonin 2mg

SUGGESTED USE
As a dietary supplement, swallow 1 tablet before bedtime as needed, or as directed by a healthcare professional. This product is intended for occasional sleep disturbances or jet lag; for use beyond 4 weeks consult your healthcare professional.

Warning: Not to be taken by children, pregnant or lactating women. If you are taking MAO inhibitors, immunosuppressant drugs, anticoagulation therapy, or antihypertensive medication, or have

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an autoimmune, seizure, psychiatric or depressive disorder consult your healthcare professional before using this product. Do not take with alcohol.

SIDE EFFECTS

Long-term use of melatonin has not been studied. May cause drowsiness. Do not use before or while operating a motor vehicle or heavy machinery.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Controlled-Release Melatonin visit douglaslabs.com

† 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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com

**You trust Douglas Laboratories.
Your patients trust you.**