

## Melatonin

### Controlled-Release 2 mg

#### DESCRIPTION

Melatonin provided by Douglas Laboratories, contains 2 mg of high purity melatonin in a prolonged-release tablet, formulated to slowly breakdown and release in the small intestine. It is produced under strict Good Manufacturing Practices (GMP) standards.

#### INDICATIONS

- Promotes the body's natural sleep cycle<sup>‡</sup>
- Helps augment the natural functioning of the pineal gland<sup>‡</sup>

#### 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 immune-suppression. 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 peroxy radicals which can induce DNA damage. Furthermore, melatonin stimulates the main antioxidant enzyme of the brain, glutathione peroxidase.

#### FORMULA (#MEL-CR)

Each tablet contains:

Melatonin .....2 mg

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, ethylcellulose, coating (Hypromellose, glycerin, ethylcellulose), stearic acid, vegetable stearate, silica.

#### SUGGESTED USE

As a dietary supplement, adults take 1 tablet 1 hour before bedtime 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 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.

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#### 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 Melatonin visit [douglaslabs.com](http://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.

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