



# Melatonin

## DESCRIPTION

Melatonin is a neurohormone which is produced in the brain by the pineal gland. Synthetic melatonin supplements have been used for various medical conditions, most often for sleep related disorders.



Item number: AM65  
Delivery system: Sublingual tablets (lemon flavored)  
Amount per bottle: 120 tablets  
Serving size: 1 tablet

## BENEFITS\*

Melatonin is a naturally occurring hormone that has been used to:

- Establish optimal sleep patterns related to jet lag
- Support a healthy circadian rhythm

## INGREDIENTS PER SERVING

Melatonin	2.5 mg
Coenzymated™ Vitamin B-6 (as Pyridoxal-5-phosphate)	500 mcg

Other ingredients: Sorbitol, natural lemon flavor, stearic acid and magnesium stearate.

## MECHANISM OF ACTION

Melatonin is produced in the pineal gland from the amino acid tryptophan. The production and release of melatonin is stimulated by darkness and suppressed by sunlight, indicating that melatonin may be involved with regulation of the body's circadian rhythm as well as other essential bodily functions. The mechanism by which melatonin affects sleep is not clearly understood, although it is postulated that, other than regulating the circadian rhythm, melatonin may either act to reduce the body's core temperature or act directly on brain structures.

## PUBLISHED RESEARCH STUDIES\*

Melatonin has been used as a supplement to decrease the effects of extended travel. Jet lag symptom reduction has been studied extensively to determine the efficacy of melatonin in this short-term disorder. A recent meta-analysis of 10 studies conducted from 1986-1999 showed that airline pilots and attendants had significant positive effects on sleep and jet lag symptoms after taking melatonin.

Further studies have examined the use of melatonin in conditions of sleep disorders. Two studies investigated use of melatonin to support extended REM sleep in patients with neuropsychiatric sleep disorders. Each study found that melatonin was effective in increasing REM time and daytime function when compared with placebo.

## ADVERSE REACTIONS

Bedtime use only. Not for use by children, teens, pregnant/lactating women, or those with asthma. Use only with health care professional approval if patients are under medical supervision or have an autoimmune, depressive, or lympho-proliferative disorder; or have diabetes, epilepsy, leukemia, or high blood pressure; or take an MAO inhibitor or corticosteroid drug such as cortisol or prednisone.

## RECOMMENDED USE

Take one tablet at bedtime, or as recommended by a health care professional. Place tablet under tongue until fully dissolved.

## STORAGE

Store in a cool dry place.

## REFERENCES

1. Colin M Shapiro Review: oral melatonin reduces jet lag in air travelers. *Evid. Based Med.*, Nov 2001; 6: 186.
2. Dieter Kunz, Richard Mahlberg, Cordula Müller, Amely Tilmann, and Frederik Bes Melatonin in Patients with Reduced REM Sleep Duration: Two Randomized Controlled Trials. *J. Clin. Endocrinol. Metab.*, Jan 2004; 89: 128 - 134.

\*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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