



Category 10
Specialty Supplements



GOODFORYOU

GOOD FOR LIFE

Melatonin

60 Caps #103255

Description: Melatonin is a natural hormone-like compound produced by the pineal gland (embedded deeply in the brain) and by other tissues, for instance, in the gastrointestinal tissues. The hormone is involved in numerous aspects of biological and physiological regulation. It sets and maintains the **internal clocks** governing the **natural rhythms** of the body functions. Clinically, **Melatonin** has been used in rhythm disturbances, sleep disorders, cancers, anti-aging, immune booster.

Contents / Ingredients

Traditional Therapeutic Action

Melatonin occurs in human milk and in a variety of common plant foods such as bananas, beets, cucumbers and tomatoes. The occurrence of **Melatonin** in vegetation parallels the occurrence of its precursor compound serotonin, which has long been known to occur in plant materials, particularly tropical fruits. We also consume the building blocks for **Melatonin** in many foods that are noted for aiding sleep. One of these is cow's milk; the warm cup at bedtime supplies the amino acid tryptophan. Chemically, **Melatonin** is N-acetyl-5-methoxyserotonin - a methylated and acetylated derivative of serotonin, which in turn is derivative of serotonin, which in turn is derived from tryptophan. Serotonin undergoes several intermediate steps to form **Melatonin**.

The enzymes of melatonin synthesis are activated and depressed, respectively, by darkness and light. The pineal gland, which is sometimes called the "third eye", receives light signals by nerve impulses. Thus, during the night (or in darkness) pineal activity and melatonin synthesis and release are increased, during the day (or upon exposure to bright light) they are depressed and sometimes barely measurable. Melatonin has been described as the "hormone of darkness". The influence of melatonin on biochemical and physiological processes is so broad that it seems unlikely that it works primarily by exerting direct effects. Rather, it appears that melatonin manages and adjusts the timing of other critical processes and biomolecules (hormones, neurotransmitters and so on), which in turn exerts numerous peripheral actions.

In the **elderly**, melatonin levels have declined dramatically from those of youth, and sleep tends to be shorter and poorer. Of all the benefits of melatonin, those of aiding sleep and resetting disturbed sleep patterns such as come with jet lag are the most solidly supported by research. In one of these studies melatonin was shown to reduce sleep duration by about 30 minutes, suggesting a decreased sleep requirement consequent on *improved sleep quality*. Melatonin is also reported to have anti-anxiety effects.

Melatonin does not have any side effects, is all natural and extremely safe, and is non-habit forming. Research using supplemental melatonin demonstrated its immune potential when administered to those with **challenged immune systems** by taking corticosteroids. Similar results were reported when mice were exposed to highly toxic viruses. Most of the mice who were pre-treated with melatonin showed a markedly higher survival rate than those who were not. In a study conducted on women showed evidence to suggest that menopause is associated with a substantial decline in menopause, the decline in melatonin production seems to be a contributing factor in the development of postmenopausal osteoporosis. Data indicates that melatonin is an integral component in calcium homeostasis. It has a controlling influence on those glands involved in the **metabolization of calcium and phosphorus**.

Melatonin has been described as being *oncostatic*, a term that describes its **ability to prevent the proliferation of cancer cells**. In studies melatonin inhibited breast cancer cells by as much as 60 to 70%. In another study in Italy, melatonin significantly improved the survival time of patients with brain metastases when compared to those who were treated with steroids.

Supplement Facts

Serving Size 1 Capsules	Amount Per Serving	% Daily Value
Melatonin	3 mg	(*)

(*) Daily Value not established.

(**) Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: White Rice Flour. Contains no yeast, wheat, gluten, corn, soy, milk or preservatives.

SUGGESTED DOSAGE: Take as directed.

CAUTION: Not to be taken by those who have auto immune or endocrine disorders, or someone using anti-depressive drugs or anyone suffering from neurological symptoms. Not to be taken during pregnancy.