

SLEEP, STRESS AND RELAXATION

Melatonin 3 mg

SUPPORTS THE BODY'S NATURAL SLEEP-WAKE CYCLE

HIGH-PURITY MELATONIN

Research has shown that melatonin supplementation helps reset the body's sleep-wake cycle, an aspect of circadian rhythm. It helps reduce the time it takes to fall asleep (sleep onset latency) in people with delayed sleep phase disorder, characterized by trouble falling asleep at desired or conventional times. Melatonin also increases the total sleep time in people suffering from sleep restriction or altered sleep schedule, including shiftwork and jet lag, and helps to relieve the daytime fatigue associated with jet lag.

Melatonin 3 mg provides 3 mg of high-purity melatonin and helps to:

- Increase total sleep time
- Reduce the time it takes to fall asleep
- Promote regulation of the body's circadian rhythm and sleep patterns
- Prevent or reduce the effects of jetlag

Good for those who are looking for a great night's sleep.



Formula

Adults: All uses except jet lag: Take 1 capsule daily, at or before bedtime, or as directed by a healthcare practitioner. Jet lag: Take 1 capsule daily at bedtime, while travelling, and at destination until adapted to the new time zone or daily pattern. Consult a healthcare practitioner for use beyond 4 weeks.

Each capsule contains:

Melatonin 3 mg

Non-Medicinal Ingredients: Hypoallergenic plant cellulose, vegetarian capsule (hypromellose, water)



Melatonin 3 mg	Quantity	Order Code	NPN
	60	ME36C-C	80121519

Support your body's natural sleep cycle with one capsule daily.

Visit AtriumPro.ca/melatonin-3mg-pe-ca.html

Looking for a more robust relaxation aid, consider adding **Best Rest** to your supplement routine.

The Research

Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle. Melatonin's primary role is regulation of the body's circadian rhythm, endocrine secretions and sleep patterns. Studies indicate that it facilitates the onset of sleep, as well as sleep efficiency.¹

1. Ferracioli-Oda E, et al. PLoS One. 2013 May 17;8(5).

