



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Melatonin 20 mg

INTRODUCED 2005

## What Is It?

Melatonin 20 mg promotes healthy angiogenesis balance, immune function and antioxidant activity to provide high capacity cellular support for tissues including the colon, breast, prostate and lungs.\*

## Uses For Melatonin 20 mg

**Cellular Health:** Melatonin is primarily associated with supporting the body's natural sleep cycle, however recent scientific advances suggest that it may play a role in cellular health. More than a dozen preliminary clinical trials have examined the role of melatonin in supporting healthy cells and tissues, in part by maintaining healthy angiogenesis balance, promoting immune cell activity, and scavenging free radicals. Randomized studies have revealed the potential for melatonin to positively support colon, breast, prostate and lung tissues.\*

## What Is The Source?

Melatonin is synthetic. The material has a purity of 99.5%, the highest purity available. The particle size is approximately 0.076 mm. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1 capsule 1/2 to 1 hour before bedtime.


## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, diabetes or asthma. Common reported side effects include daytime drowsiness, headache, and dizziness, but these do not seem to occur any more frequently than with placebo. It has also been associated with depression, anxiety, abdominal cramps, irritability, nausea, vomiting or hypotension. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Melatonin should not be taken in conjunction with antidepressants, beta blockers, MAO inhibitors or corticosteroids. It may be contra-indicated with blood thinning medications. Consult your physician for more information.

### Melatonin 20 mg

each vegetable capsule contains  3  
melatonin ..... 20 mg  
This supplement is a 99.5% pure synthetic melatonin.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

*Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. This product may be contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma and for individuals taking MAO inhibitors or corticosteroids.*

1 capsule 1/2 to 1 hour before bedtime.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



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