

Melatonin-SR

Supports the body's natural sleep cycle[†]

INDICATIONS

- Ages 18 and up
- Sleep support[†]

BENEFITS

- Promotes healthy sleep[†]
- Supports the body's circadian rhythm, endocrine secretions, and sleep patterns[†]
- Sustained release allows for absorption over a longer time period

FEATURES

- Melatonin-SR provides sustained-release MicroActive[®] melatonin
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Melatonin-SR provides sustained-release MicroActive[®] melatonin to promote healthy sleep. Melatonin is a hormone produced by the pineal gland, which regulates the body's sleep/wake cycle.¹ 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.² MicroActive[®] is an innovative, patented delivery system that offers both improved absorption and sustained release. A pharmacokinetic study of MicroActive[®] melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose.[†]

SUGGESTED USE

As a dietary supplement, take 1 capsule 30-60 minutes before bedtime.

STORAGE

Store in a cool, dry place.

WARNING

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product

may be contraindicated for individuals taking corticosteroids.

SOURCE

- Melatonin is synthetic
- Carnauba wax is derived from leaves of the palm *Copernicia prunifera*
- Hydroxypropyl methyl cellulose and microcrystalline cellulose derived from wood pulp
- Sodium alginate is derived from brown seaweed
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Size 3 caps

Bottle count 60

Order code MESR6

Bottle size 75 cc

REFERENCES

1. Vriend J, Reiter RJ. *J Pineal Res.* 2015 Jan;58(1):1-11.
2. Zhdanova IV, et al. *J Clin Endocrinol Metab.* 2001 Oct;86(10):4727-30.

SUPPLEMENT FACTS

1 capsule 30-60 minutes before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin (as MicroActive[®] melatonin sustained-release complex) 3 mg

Other ingredients: microcrystalline cellulose, vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl methyl cellulose, sodium alginate, carnauba wax

MicroActive[®] is a registered trademark of BioActives, LLC.

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Melatonin-SR	Quantity	Order Code
	60	MESR6

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