

Melatonin

Supports the body's natural sleep cycle[†]

INDICATIONS

- Ages 18 and up
- Natural sleep/wake cycle support[†]

BENEFITS

- Promotes regulation of the body's circadian rhythm, endocrine secretions and sleep patterns[†]
- Helps facilitate the onset of sleep, as well as sleep efficiency[†]

FEATURES

- Contains 99.5% pure melatonin
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

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†}

SUGGESTED USE

Melatonin 0.5 mg and 3 mg capsules:

As a dietary supplement, take 1 capsule daily, 1/2 to 1 hour before bedtime, or as directed by your health professional.

Melatonin liquid:

As a dietary supplement, take 1 dropper daily, 1/2 to 1 hour before bedtime, or as directed by your health professional.

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

- This supplement contains 99.5% synthetic melatonin
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Melatonin 0.5 mg

Size 3 caps

Bottle count 60, 180

Order codes ME56, ME51

Bottle size 75 cc, 120 cc

Melatonin 3 mg

Size 3 caps

Bottle count 60, 180

Order codes ME36, ME31

Bottle size 75 cc, 120 cc

Melatonin liquid

Size 1 ml (0.03 fl oz) (one full dropper)

Bottle count 30 servings/30 ml (1 fl oz)

Order codes MEL3

Bottle size 30 ml

REFERENCES

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

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SUPPLEMENT FACTS

1 capsule daily, 1/2 to 1 hour before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin 0.5 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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 with autoimmune disease or for individuals taking corticosteroids.



Melatonin 0.5 mg	Quantity	Order Code
	180	ME51
	60	ME56

1 capsule daily, 1/2 to 1 hour before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin 3 mg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

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.



Melatonin 3 mg	Quantity	Order Code
	180	ME31
	60	ME36

1 dropper daily, 1/2 to 1 hour before bedtime, or as directed by a health professional.

Serving size: 1 ml (0.03 fl oz) (one full dropper)

Servings per container: 30

One ml contains:

Melatonin (micronized) 2.5 mg

Other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, black currant juice concentrate, xanthan gum, potassium sorbate, citric acid, purified stevia leaf extract

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Melatonin liquid	Quantity	Order Code
	30 ml (1 fl oz)	MEL3

Visit PureEncapsulationsPro.com for more information about our GMO policy.