

Melatonin 20 mg

Promotes healthy cells and tissues[†]

INDICATIONS

- Ages 18 and up
- Healthy cell and immune cell activity support[†]

BENEFITS

- Supports cellular health[†]
- Promotes immune cell activity[†]
- May provide support for colon, breast, prostate and lung tissues[†]

FEATURES

- Melatonin in this formula has a purity of 99.5%, the highest purity available
- Not intended for sleep support
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

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, promoting immune cell activity and scavenging free radicals.^{1,2} Randomized studies have revealed the potential for melatonin to positively support colon, breast, prostate and lung tissues.^{3,4,5,6†}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, 1/2 to 1 hour before bedtime.

STORAGE

Store in a cool, dry place.

WARNING

This product is not intended for sleep support. Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

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

NOTES

Size 3 caps

Bottle counts 60, 180

Order codes ME26, ME21

Bottle sizes 75 cc, 120 cc

REFERENCES

1. Ochoa JJ, et al. *J Pineal Res.* 2011 Nov;51(4):373-80.
2. Chahbouni M, et al. *Clin Biochem.* 2011 Jul;44(10-11):853-8.
3. Cerea G, et al. *Anticancer Res.* 2003 Mar-Apr;23(2C):1951-4.
4. Lissoni P, et al. *J Pineal Res.* 1999 Apr;26(3):169-73.
5. Lissoni P, et al. *Eur Urol.* 1997;31(2):178-81.
6. Lissoni P, et al. *J Pineal Res.* 2003 Aug;35(1):12-5.

SUPPLEMENT FACTS

1 capsule daily, 30-60 minutes before bedtime.

Each (size 3) vegetarian capsule contains:

Melatonin	20 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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Melatonin 20 mg	Quantity	Order Code
	180	ME21
	60	ME26

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