



Item: 11403  
Quantity: 90 Tablets

# Melatonin™

Trigger your natural sleep mechanism

► May Help You Get a Better Night's Sleep

## A ANTI-AGING HEALTH SYSTEM

Melatonin is produced in the body by the pineal gland in the brain. Tryptophan, an amino acid found in food, is taken in by the body and made into serotonin, a neurotransmitter (conductor of nerve signals). The pineal gland takes the serotonin and makes it into melatonin, but only during the night. (The enzymes in the brain that change serotonin into melatonin are inactivated by light).

## P PRODUCT INFORMATION

Do you find it hard to go to sleep at night? Or perhaps you sleep – but do it lightly – never going into the deepest and refreshing part known as the REM (rapid eye movement) period.

Do the dreary, dark days of winter make you depressed? Or do you get the blues for no apparent reason?

When you travel from one time zone to another, does your body's "clock" have a hard time resetting because of the time difference? This condition is known as jet lag.

Never fear – Melatonin is here! Unicity International Never fear – Melatonin is here! Unicity International is proud to offer this remarkable and effective product. It comes in a small, convenient tablet that dissolves easily under the tongue for fastest and maximum absorption.

Norepinephrine is another neurotransmitter that assists in melatonin production. It acts as a catalyst to melatonin production by stimulating cells in the pineal gland to begin making melatonin in the absence of light. Sometimes, for one reason or another, the body does not produce adequate amounts of melatonin for its needs. This can result in insomnia and depression, among other symptoms. The body's ability to synthesize melatonin may decrease with age. Melatonin, from Unicity, is the easy way to complement the body's production of this important hormone.

## F FEATURES AND BENEFITS

- May help remedy jet lag
- Melatonin is produced in the body by the pineal gland in the brain.
- The number one reason people use melatonin is to promote natural sleep.

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

# Melatonin™

## ? FREQUENTLY ASKED QUESTIONS

**Q: Is this product addictive?**

**A:** Melatonin is not addictive. It allows for a normal sleep-wake cycle without the side effects of sedatives.

**Q: Will I feel drowsy the morning after I take Melatonin?**

**A:** Melatonin will allow you to experience normalized sleep cycles without feeling sedative effects upon waking.

**Q: Is this a supplement that will be effective from the first time I take it?**

**A:** Melatonin will have some effect from the very first dose. Melatonin will have some effect from the very first dose.

**Q: Should I take this product only when I am having trouble sleeping or should I take it every night?**

**A:** Melatonin can be taken as needed. Older individuals may find that they need Melatonin can be taken as needed. Older individuals may find that they need to take it regularly as their own bodies produce very little Melatonin.

## S SCIENCE

Melatonin is a natural hormone made by your body's pineal gland. The pineal gland lies at the base of the brain. And when the sun goes down, and darkness comes, the pineal gland "goes to work." As melatonin production rises, you begin to feel less alert. Body temperature starts to fall as well. Sleep seems more inviting. Then melatonin levels drop quickly with the dawning of a new day. Levels are so low during the day that scientists often have difficulty detecting melatonin then.

Melatonin levels go hand in hand with the light-dark cycle, not just for people, but for plants and animals that keep alert during the day. Melatonin production is also related to age. Children manufacture more melatonin than the elderly do. But melatonin production begins to drop at puberty.

## R REFERENCES

Olde Rikkert MG, Rigaud AS. Melatonin in elderly patients with insomnia. A systematic review. *Z Gerontol Geriatr.* 2001 Dec;34(6):491-7.

Hanania M, Kitain E. Melatonin for treatment and prevention of postoperative delirium. *Anesth Analg.* 2002 Feb;94(2):338-9.

### Supplement Facts

Serving Size: 1 Tablet	
Servings Per Container: 90	
Amount Per Serving	% Daily Value
Melatonin 2.5 mg	†
† Daily Value not established.	

Other Ingredients: Sorbitol, magnesium stearate, peppermint oil and peppermint leaf.



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