



Code: 9285 **NPN:** 80036632
Size: 180 sublingual tablets
Actual Size: 8.06 mm diameter



Melatonin

Fall Asleep and Stay Asleep • 3 mg

- Sublingual tablets provide fast and superior melatonin absorption, bypassing liver and gastrointestinal metabolism - pharmacokinetic studies indicate that 30 to 60% of an oral dose of melatonin is metabolized via the liver¹ and overall gastrointestinal absorption is variable^{2,3}
- 3 mg strength is optimal for those who require basic sleep support or are trying melatonin for the first time
- Derived from non-animal sources
- Refreshing, natural peppermint flavour
- Non-habit forming

PRODUCT SUMMARY

Sleep is a vital part of health and many of us are not getting enough. The 2002 Canadian Community Health Survey found about 1 in 7 adults has difficulty falling asleep or staying asleep. Insomnia affects 1 in 3 seniors and is 40% more common in women. Changes in sleeping patterns are largely reflective of our circadian rhythms, which are guided by the pineal hormone, melatonin. Melatonin is known to decline as we age, which accounts for a number of the sleep changes we see throughout life. Additionally, jet lag and shift work can significantly alter circadian rhythms and thus melatonin secretion.^{4,5,6}

Melatonin has shown clinical benefit for inducing sleep or adjusting sleep cycles,⁷ reducing sleep onset latency and improving perceived quality of sleep, without impairing daytime psychomotor performance.^{8,9} In fact, supplemental melatonin and bright light therapy are considered standard medical treatment for cases of jet lag, shift work, age-related insomnia, delayed sleep-phase disorder, advanced sleep-phase disorder, and non-24-hour sleep-wake disorder.¹⁰ Chronic sleep disturbance is a risk factor for premature aging, diabetes, obesity, cardiovascular disease and certain cancers,¹¹ demonstrating just how important it is to maintain normal melatonin levels to enhance sleep quality.



MELATONIN

FALL ASLEEP AND STAY ASLEEP · 3 MG

Serving Size: 1 sublingual tablet

Servings per Container: 180

Each Sublingual Tablet Contains:

Melatonin (vegetarian source)..... 3 mg

Non-medicinal Ingredients: Lactose monohydrate, microcrystalline cellulose, natural peppermint flavour, croscarmellose sodium, vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: Do not drive or use machinery for 5 hours after taking melatonin. Dissolve 1 tablet under the tongue at bedtime once per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

Recommended Use: Helps increase the total sleep time (aspect of sleep quality) in people suffering from occasional sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Supports alertness during waking hours and helps reduce the time it takes to fall asleep. Supports the body's sleep-wake cycle.

Contraindications: Do not use if you are taking immunosuppressive drugs and/or if you are pregnant or breastfeeding. Do not drive or use machinery for 5 hours after taking melatonin.

Caution: Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Consult a health care practitioner prior to use if you have one of the following conditions: asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycaemia, hormonal disorder, immune system disease, liver disease, migraine, or seizure disorders, or if you are taking one of the following medications: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. Do not use if you are pregnant or breastfeeding. Mild gastrointestinal symptoms (nausea, vomiting, or cramping) and rare allergic reactions have been known to occur, in which case discontinue use. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health care practitioner. Keep out of reach of children.

Drug Interactions: Melatonin may impair glucose utilization and increase insulin resistance in diabetic patients. However, the clinical significance of this effect on diabetics is unknown.¹² Contraceptive drugs can increase endogenous melatonin levels. Theoretically, this may increase the effects and adverse effects of oral melatonin use.¹³ Fluvoxamine significantly inhibits the elimination of melatonin,¹⁴ which some researchers believe could be helpful in the treatment of refractive insomnia.¹⁵ However, this interaction may also cause excessive unwanted drowsiness and other adverse effects. Melatonin production and release may be inhibited by beta-blockers¹⁶ and non-steroidal anti-inflammatory drugs¹⁷.

Contains no artificial colours, preservatives, or sweeteners; no starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Melatonin – Beyond Sleep Support

About Melatonin

- Melatonin is our naturally occurring sleep hormone.^{1,2}
- It helps promote sound sleep within 30 minutes of taking it.³
- Reduces the effects of jet lag, especially if you are travelling across five or more time zones.⁴
- Improves sleep and reduces the pain and discomfort in women suffering from chronic pelvic irritation (i.e., endometriosis).⁵
- Eases the stomach pain and the discomfort of heartburn.⁶
- Decreases the abdominal bloating, pain, and constipation associated with irritable bowel syndrome (IBS).⁷
- Calms chronic ringing in ears (known as tinnitus) and promotes a deeper sleep.^{8,9}

How to Use Melatonin

Melatonin 3 mg and 10 mg

- Dissolve 1 tablet under the tongue at bedtime once per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

Melatonin Time Release:

- **Recommended Adult Dose:** 1–2 tablets per day at or before bedtime, or as directed by a health care practitioner. For use beyond 4 weeks, consult a health care practitioner.
- **Jet Lag:** Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern. For occasional short-term use.

Cautions and Contraindications

- Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. If you are taking one of the following medications, consult a health care practitioner prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. If you have one of the following conditions, consult a health care practitioner prior to use: asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycemia, hormonal disorder, immune system disease, liver disease, migraine, or seizure disorders. If symptoms persist continuously for more than 4 weeks (chronic insomnia) consult a health care practitioner. Mild gastrointestinal symptoms (such as nausea, vomiting, or cramping) have been known to occur, in which

case discontinue use. Rare allergic reactions have been known to occur, in which case discontinue use. Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

- Do not drive or use machinery for 5 hours after taking melatonin.

Drug Interactions

- If you are taking one of the following medications, consult a health care practitioner prior to use: anti-coagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. Melatonin production and release may be inhibited by beta-blockers (used for high blood pressure)¹⁰ and non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin or ibuprofen,¹¹ leading to disturbed sleep.

Quick Tips for Optimal Health

- Eat up. Everyday foods such as tomatoes, olives, barley, rice, walnuts, and strawberries contain melatonin.¹²
- Cut the evening coffee. Coffee not only interferes with sleep, but also decreases melatonin levels.¹³
- Turn off the night light. Too much bright light exposure suppresses melatonin in children twice that of adults.¹⁴
- Power down the gadgets. Mobile phones, tablets, and “green” energy-efficient light bulbs emit a blue wavelength, which can suppress melatonin levels after two hours of use.¹⁵
- Music therapy 30 minutes per day 4–5 times per week increases melatonin levels and supports a calmer mood in those with Alzheimer’s.¹⁶
- Stop smoking. Smokers have lower melatonin levels!¹⁷

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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