



Code: 9290 **NPN:** 80068454
Size: 60 Tablets
Actual Size: 8.03 mm diameter



Melatonin

Time Release

Fall Asleep and Stay Asleep · 5 mg

- Clinically shown to improve sleep quality, morning alertness, sleep onset latency and quality of life
- Supplementation linked to improved mood and cognitive function among those with impaired sleep
- Provides 5 mg timed-release melatonin per tablet
- Timed-release formulation sustains plasma levels for a longer period, enhancing sleep initiation, maintenance, and quality
- Suitable for vegetarians/vegans
- Non-habit forming

PRODUCT SUMMARY

Sleep is a vital part of health and many of us are not getting enough of it. Changes in sleeping patterns are largely reflective of our circadian rhythms, which are guided by the pineal hormone, melatonin. Melatonin plays a major role in the circadian regulation of the sleep-wake cycle, and has proven critically important for both initiation and quality of sleep, with supplementation improving sleep in healthy individuals and in those with insomnia, as well as preventing phase shifts due to jet lag or shift work. Timed-release melatonin improves not only the sleep initiation, but also helps maintain and improve sleep quality.

Melatonin is particularly effective in older individuals, regardless of endogenous melatonin levels, in both the short and the long term, with improvements in sleep quality, morning alertness, sleep onset latency, and quality of life, with no relevant adverse effects or dependency. Furthermore, it has been shown to improve sleep quality in children with diverse sleep complaints, including delayed sleep phase syndrome and impaired sleep maintenance, or other sleep related disorders. Timed-release melatonin has demonstrated clinical improvements in mood in those with sleep disturbances, as well as cognitive performance in those with Alzheimer's disease.



MELATONIN

TIME RELEASE · FALL ASLEEP AND STAY ASLEEP · 5 MG

Serving Size: 1–2 tablets

Servings per Container: 30–60

Each Tablet Contains:

Melatonin (non-animal source) 5 mg

Non-medicinal Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, carbohydrate gum [cellulose], vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 1–2 tablets per day at or before bedtime, or as directed by a health care practitioner. Do not drive or use machinery for 5 hours after taking melatonin. 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.

Recommended Use: Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work. Helps to prevent and/or reduce the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling by plane easterly across two or more time zones. Helps reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of the circadian rhythm).

Caution: 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. Keep out of reach of children.

Contraindication: 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.

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. Contraceptive drugs can increase endogenous melatonin levels. Theoretically, this may increase the effects and adverse effects of oral melatonin use. Fluvoxamine significantly inhibits the elimination of melatonin, which some researchers believe could be helpful in the treatment of refractive insomnia. However, this interaction may also cause excessive unwanted drowsiness and other adverse effects. Melatonin production and release may be inhibited by beta-blockers and non-steroidal anti-inflammatory drugs.

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

References available at bioclinicnaturals.com



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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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Fertility Support

for Men and Women

Fertility Factors in Women

Research shows that high oxidative stress and reactive oxygen species (ROS) in the egg diminishes the function of the mitochondria and reduces energy production, substantially contributing to infertility. Over time, extended exposure to oxidative stress, nutritional deficiencies, genetic variations, and oxidative stress hinders egg quality, mitochondrial function, and the chances of fertility.

Fertility Factors in Men

Male factor fertility accounts for 50% of documented cases of infertility in North America. The most commonly diagnosed conditions are low sperm count and low motility. The leading cause of sperm dysfunction is oxidative stress, the imbalance between the body's natural antioxidants and high levels of reactive oxygen species (ROS). High levels of ROS are seen in 40% of men with infertility, affecting sperm count, motility, and structure. Research shows supplementing with antioxidants is an effective strategy, reducing oxidative stress and restoring sperm quality.

Nutrient support and delivery is essential to both egg quality as well as sperm quality and concentration.

Promote Positive Results with Fertility Support from Bioclinic

Bioclinic provides nutritional support for both women and men with comprehensive formulas containing therapeutic dosages designed to:

- Support egg quality and implantation in women.
- Support sperm development, motility and count in men.

We are a proudly Canadian nutraceutical manufacturer. Our unique formulas meet practitioners' needs for both condition-specific challenges and overall health enhancement. Our continual commitment to product quality in every stage of production for every product ensures that our products have earned the trust of practitioners and their patients.



Support Male & Female Reproductive Health

Optimize Sperm Count & Motility

Support Healthy Growth and Development

Optimize Mitochondrial Function



NON-GMO - MASS SPEC
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naturals

natural solutions + clinical results

For Women

PCOS Care™

Hormone and Fertility Support

- Provides two complementary forms of inositol at the recommended 40:1 ratio of myo-inositol to D-chiro-inositol, consistent with tissue-specific levels of these intracellular signaling molecules.
- Contains naturally occurring forms of inositol, clinically shown to have complementary effects on both metabolic and ovarian function among women with PCOS.
- Includes methylcobalamin and activated folate (L-5-MTHF) for optimal fertility and pregnancy outcomes.

PreFoundation™

Prenatal Multiple Vitamin and Mineral Formula for Women

- Provides highly bioavailable forms and clinical doses of vitamins and minerals critical for optimal prenatal health and fetal development.
- Contains vitamins D3, K2 (Mk-7) and methylated B vitamins, including L-5-MTHF, key prenatal vitamins shown to be superior to forms typically used in prenatal supplements.
- Provides 45mg of iron bisglycinate per daily dose, which offers optimal iron absorption without the typical gastrointestinal side effects.



For Women

Opti Ova™

Female Wellness Kit

- Provides comprehensive nutritional support with therapeutic dosages for diverse factors affecting reproductive health.
- Broad spectrum antioxidants reduce oxidative stress and damage. Mitochondrial function, a key determinant of oocyte function and quality, is enhanced.
- Supports proper endometrial blood flow, supplying nutrients, removing toxins and reactive oxygen species (ROS) from the endometrium. This is needed to encourage proper implantation.

For Men

Mito Motile™

Male Wellness Kit

- Comprehensive blend of nutrients to support mitochondrial function in sperm, shown to optimize sperm maturation, count, and motility.
- Contains multiple mitochondrial optimizers, including L-carnitine, PQQ-10 and CoQ10, shown to increase pregnancy rates and various parameters of sperm function.
- Supports glutathione production, essential for detoxification of many toxins frequently associated with impaired fertility.



General Support

PQQ-10®

Mitochondrial Support

- PQQ has been shown to attenuate mitochondrial oxidative stress as well as to stimulate mitochondrial biogenesis– spontaneous generation of new mitochondria within aging cells.
- PQQ and CoQ10 are synergistic nutrients which modulate cellular signalling pathways, neutralize reactive oxygen species and support optimal mitochondrial function. The combination can improve egg quality and reverse cellular aging.

Melatonin 3 mg or 5 mg (time release)

Antioxidant Support

- Melatonin enhances the activity of other endogenous antioxidants, including glutathione peroxidase and superoxide dismutase.
- Clinical studies also suggest that melatonin supplementation in IVF may lead to better pregnancy rates by achieving higher rate of mature oocytes and quality embryos.
- Observational studies suggest lack of melatonin plays a key role in underlining causes for infertility such as diabetes, endometriosis, menstrual cycle irregularity and dysmenorrhoea.



Neurological Protocol: Restoring Neurological Function

Introduction

Chronic degenerative neurological concerns are being reported more frequently in everyday clinical practice, including Parkinson’s disease, multiple sclerosis, and dementia.

Assessment

For neurological damage or degenerative risk:

1. Thorough clinical neurological workup, potentially including CT scan, electromyography, MRI, and PET when diagnosis is uncertain.¹
2. Potential laboratory considerations:
 - a. Insulin resistance assessment, such as an oral glucose tolerance test
 - b. Hemoglobin A1c
 - c. Fasting glucose
 - d. Hs-CRP
 - e. Homocysteine
 - f. Methylmalonic acid (B12)
 - g. 25-OH vitamin D levels
 - h. Anti-myelin antibodies
 - i. AST (aspartate aminotransferase)
 - j. Markers for oxidative damage and genetic risk, such as urinary levels of 8-hydroxy-deoxyguanosine and APOE gene testing, respectively

General Recommendations

1. Monitor progress of patients using:
 - a. Standardized Mini-Mental State Examination at <https://bit.ly/2BLAFGU>
 - b. Unified Parkinson's Disease Rating Scale at <https://bit.ly/2VXwleB>
 - c. Standardized neurological exam and EDSS for multiple sclerosis at <https://bit.ly/3ffjOpS>

Specific Treatment Plan

	Mild	Moderate	Severe
Week 1: Initiation Phase	<ul style="list-style-type: none"> • Mediterranean-style diet^{2,3} • Aerobic and resistance exercise training^{4,5} • Calligraphy therapy^{6,7} • BioFoundation-G[®]: 2 tablets TID with meals^{8,9} 	<ul style="list-style-type: none"> • Mediterranean-style diet^{2,3} • Goal of 10,000 steps per day as assessed by pedometer, with individualized targets¹⁰ • Age-appropriate yoga: Three 55-minutes sessions per week^{11,12} • BioFoundation-G: 2 tablets TID with meals^{8,9} 	<ul style="list-style-type: none"> • Mediterranean-style diet^{2,3} • Tai Chi: 60 minutes twice weekly^{13,14} • BioFoundation-G: 2 tablets TID with meals^{8,9}
Week 2-7: Intensive Therapy Phase	<ul style="list-style-type: none"> • BioFoundation-G: 2 tablets TID with meals^{8,9} • Mito AMP[®]: 1 softgel per day¹⁵⁻¹⁷ • PQQ-10[®]: 1 softgel per day^{18,19} • OptiMega-3[®]: 1 softgel BID with meals²⁰⁻²² • Vitamin D3: 1000 IU QD^{23,24} 	<ul style="list-style-type: none"> • BioFoundation-G: 2 tablets TID with meals^{8,9} • Mito AMP: 2 softgels per day¹⁵⁻¹⁷ • PQQ-10: 2 softgels per day^{18,19} • OptiMega-3: 1 softgel BID with meals²⁰⁻²² • Theracurmin 2X: 1 capsule BID²⁵ • Vitamin D3: 2000 IU QD^{23,24} 	<ul style="list-style-type: none"> • BioFoundation-G: 2 tablets TID with meals^{8,9} • Mito AMP: 3 softgels per day¹⁵⁻¹⁷ • PQQ-10: 3 softgels per day^{18,19} • OptiMega-3: 1 softgel BID with meals²⁰⁻²² • Theracurmin 2X: 1 capsule BID²⁵ • Vitamin D3: 2000 IU QD^{23,24} • N-Acetyl-L-Cysteine: 1 capsule TID²⁶ • Melatonin: 3–5 mg at night²⁷

<p>Week 8: Maintenance Phase</p>	<ul style="list-style-type: none"> • Mediterranean-style diet^{2,3} • Aerobic and resistance exercise training^{4,5} • BioFoundation-G: 2 tablets TID with meals^{8,9} 	<ul style="list-style-type: none"> • Mediterranean-style diet^{2,3} • Aerobic and resistance exercise training^{4,5} • BioFoundation-G: 2 tablets TID with meals^{8,9} • Mito AMP: 1 softgel per day¹⁵⁻¹⁷ • PQQ-10: 2 softgels per day^{18,19} • OptiMega-3: 1 softgel BID with meals²⁰⁻²² • Theracurmin 2X: 1 capsule QD²⁵ • Vitamin D3: 1000 IU QD^{23,24} 	<ul style="list-style-type: none"> • Mediterranean-style diet^{2,3} • Aerobic and resistance exercise training^{4,5} • BioFoundation-G: 2 tablets TID with meals^{8,9} • Mito AMP: 2 softgels per day¹⁵⁻¹⁷ • PQQ-10: 2 softgels per day^{18,19} • OptiMega-3: 1 softgel BID with meals²⁰⁻²² • Theracurmin 2X: 1 capsule BID²⁵ • Vitamin D3: 1000 IU QD^{23,24} • N-Acetyl-L-Cysteine: 1 capsule BID²⁶
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QD: daily; BID: two times per day; TID: three times per day.

Re-assessment

Repeat clinical and laboratory measurements.

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