

## PRODUCT INFORMATION

# Melatonin

*For a refreshing, natural sleep and a fresh start to the day!*

### Basic Facts

Melatonin (N-acetyl-5-methoxytryptamine) is a natural hormone that regulates the body's biological clock. It is produced in the pineal gland and cyclically released into the bloodstream in small amounts and in a specific rhythm. In this way, it «informs» the entire body as to the current circadian (daily rhythm) phase. Melatonin can be found in human beings, animals, plants and even in monocellular and phylogenetically ancient (three billion years) algae. It is secreted primarily when it is dark; during the day, minimal melatonin is produced. In addition to the circadian (daily) rhythm, there also exists an annual rhythm; in the winter, due to the different conditions of light, this hormone is produced and released into the blood over a longer period than in the summer.

In humans, up to the third month of life, minimal melatonin is produced. Thereafter, serum melatonin levels increase and eventually, the circadian cycle develops. The highest melatonin concentrations are reached between the ages of one and three years. Elderly people are no longer able to maintain the high nightly melatonin levels of younger people. This could be why the elderly complain more frequently of sleep disturbances. In young people, melatonin levels increase approximately 12-fold at night, while the increase in the elderly is only about three-fold.

### Effects

The best-researched and documented effect of melatonin is its influence on the sleep-wake rhythm. It is well-suited to treat occasional difficulties in falling asleep as well as difficulty sleeping through the night. Melatonin has also proven to be effective in relieving symptoms of jet lag. When it is taken before a flight, the level of activity that existed before the flight is reached more quickly. Melatonin is also suitable for shift workers, who often suffer from sleep disturbances.

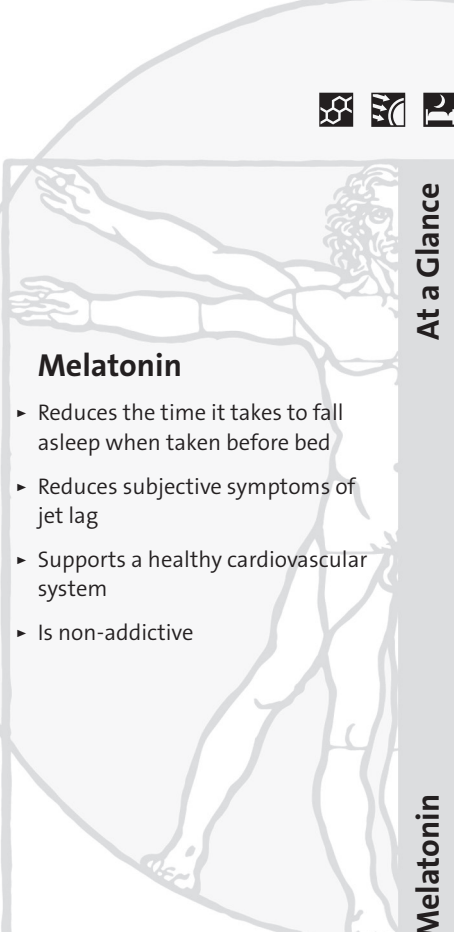
### Uses

**Sleep:** Discovered in 1958 by Dr. Aaron Lerner, melatonin has been the subject of intensive research since the beginning of the 1980s. At that time, its effect on sleep-wake regulation was discovered and the hormone was utilized for sleep disorders and jet lag. Double-blind studies have shown that melatonin helps the individual fall asleep and increases quality of sleep, as well as promoting sound sleep throughout the night. However, it cannot be compared to conventional soporifics, which often have very pronounced side effects as well as considerable habit-forming potential. Some soporifics even suppress the production of melatonin. It, however, is non-addictive but optimizes the natural sleep rhythm. This is why

it does not cause the morning grogginess often experienced with soporifics.

**Jet lag:** Melatonin can help regulate shifts in the sleep-wake rhythm which often occur during flights that cross several time zones.

**Cardiovascular system:** Melatonin supports a healthy cardiovascular system.



**Melatonin**

- ▶ Reduces the time it takes to fall asleep when taken before bed
- ▶ Reduces subjective symptoms of jet lag
- ▶ Supports a healthy cardiovascular system
- ▶ Is non-addictive

## Composition

One capsule contains 1 mg, 3 mg or 5 mg pure, synthesized melatonin (N-acetyl-5-methoxytryptamine) in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate.

## Dosage

Due to its short half-life of about 30 minutes, melatonin should be taken with plenty of fluid shortly before going to bed.

**To support a healthy immune system, to improve feelings of well-being and to support a healthy cardiovascular system:**

up to 40 years: 1 mg daily  
40–60 years: 1–3 mg daily  
over 60 years: 3–6 mg daily

Higher doses may be taken whenever required, for example in cases of stress or overweight

**As a soporific:** up to 10 mg daily

**For shift workers:** up to 5 mg daily 30 minutes before the beginning of the subjective time of sleep

**Against jet lag:**

1<sup>st</sup> day: 1–3 mg at 11:00 p.m.  
(local time in the destination country)

2<sup>nd</sup> day: 1–3 mg at 10:30 p.m.  
(local time in the destination country)

3<sup>rd</sup> day: 1–3 mg at 10:00 p.m.  
(local time in the destination country)

## Instructions


Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

### Melatonin Product Groups

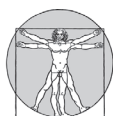
Melatonin can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

 **Hormones & Hormone-like Substances**

 **Immune System, Cell Protection & Antioxidants**

 **Sleep**

Manufacturer:



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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