Melatonin
10 mg
Fall Asleep and Stay Asleep

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 also known to decline as we age, which accounts for a number of the sleep changes we experience throughout life. Additionally, jet lag and shift work can significantly alter circadian rhythms and thus melatonin secretion.1,2,3

In the face of insomnia, many people have tried prescription sleeping pills, but they can interfere with REM sleep, disrupt deeper stages of sleep and lead to confusion, sluggishness, anxiety and even drug dependency. Conversely, Melatonin has shown clinical benefit for inducing sleep or adjusting sleep cycles4 reducing sleep onset latency and improving perceived quality of sleep, without impairing daytime psychomotor performance or creating dependency.5,6 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.7 Chronic sleep disturbance is a risk factor for premature aging, diabetes, obesity, cardiovascular disease and certain cancers,8 demonstrating just how important it is to maintain normal melatonin levels to enhance sleep quality.

Unique Features
• Sublingual tablets provide consistent melatonin bioavailability - pharmacokinetic studies indicate that 30 to 60% of an oral dose of melatonin is metabolized via the liver9 and overall gastrointestinal absorption is variable10,11
• A singular high potency sublingual tablet is optimal for those who need higher doses of melatonin (10-20 mg)
• Derived from non-animal sources
• Refreshing, natural peppermint flavour

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Supplement Facts

Serving Size: 1 sublingual tablet
Servings Per Container: 180

Each Tablet Contains:
Melatonin (vegetarian source) ..................................................................................................................................................10 mg

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

Contains no artificial preservatives, colours or sweeteners and no soy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: Dissolve 1 tablet under the tongue at bedtime once per day or as directed by a health care practitio-
ner. 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: Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension, or if you are taking blood pressure or sedative/hypnotic medications. 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. If symptoms persist continuously for more than 4 weeks (chronic insomnia), con-

Drug Interactions: Melatonin can stimulate immune function and may reduce the efficacy of immunosuppressive drugs.13 Theoretically, concomitant use of melatonin with sedative/hypnotic or central nervous system depressants may be additive. However, benzodiazepines may also reduce endogenous melatonin levels.14 Melatonin can reduce the efficacy of blood pressure medication nifedipine GITS (Procardia XL).15 Case reports suggests melatonin may potentiate anticoagulant and antiplatelet medications, however, the mechanism and clinical significance are unknown.16 Melatonin may impair glucose utilization and increase insulin resistance in diabetic patients. However, the clinical significance of this effect on diabetics is unknown.17 Contraceptive drugs can increase endogenous melatonin levels. Theoretically, this may increase the effects and adverse effects of oral melatonin use.18 Fluox-

References:
6. Wale AG, Ford C, Crawford G, McNishon A, Nif T, Lauden M, Ziapel N. Nightly treatment of primary insomnia with prolonged release melatonin for 6 months: a randomized placebo controlled trial on age endog-