

Melatonin Liquid

Support for Restorative Sleep*

Melatonin Liquid Supplementation

Achieving deep, restful sleep is crucial to staying healthy, along with proper diet and regular movement. Poor sleep quality increases stress, weakens the immune system, lowers sex drive, and diminishes mental and physical energy. Melatonin Liquid contains a potent dose of the highest-purity melatonin available without any other unnecessary ingredients.* It provides your patients with targeted sleep support by harnessing the power of this naturally occurring hormone to restore balance to sleep patterns, help reduce sleep onset latency, and stay asleep longer so your patients can wake up feeling refreshed and revitalized.*

Benefits of supplementing with Melatonin Liquid may include:

- Promotes healthy sleep cycles and circadian rhythms*
- Supports healthy mitochondria and overall cellular health*
- Supports healthy growth hormone production*
- Supports healthy immune function*
- Promotes relaxation and calmness*

How Melatonin Liquid Works

Melatonin plays a crucial role in regulating the sleep-wake cycle. It is most commonly used to improve sleep quality by reducing the time it takes to fall asleep, increasing total sleep duration, and supporting sleep efficiency.*¹ Research shows that high-dose melatonin above 10mg can help support deeper sleep cycles, balanced immune responses, and healthy inflammatory markers.*² Liquid-based melatonin allows for even faster absorption into the bloodstream since it does not have to navigate through the digestive tract.*

Melatonin can also support a healthy response to the effects of jet lag and shift work by helping the body adjust its internal clock to fall asleep despite sleep disturbances.* Healthy circadian rhythms are imperative for proper melatonin production and a healthy sleep cycle. Research shows that when circadian rhythms and sleep-wake cycles are askew, a wide range of health concerns and premature aging are more likely to occur.

Another well-studied property of melatonin is its role as an antioxidant. It has the ability to scavenge free radicals and support healthy oxidative stress response, which may benefit cellular health and even support healthy DNA repair.*^{3,4,5} Melatonin has also been shown to have a positive impact on mitochondrial function by supporting the production of healthy cellular energy.*^{6,7} By acting as an antioxidant, melatonin supports the body's repair and regeneration processes through its role in promoting quality sleep.*



How Melatonin Liquid Works Continued

Melatonin also helps support the immune system and promote healthy inflammatory markers, with research demonstrating how it can enhance the production and activity of certain immune cells.^{8,9} It has also been shown to support the production of healthy signaling molecules that play a role in modulating immune responses.^{10,11} Additionally, adequate sleep promotes healthy blood vessels to provide effective cellular support for tissues, including the breast, prostate, lung, and colony.⁴

Supplement Facts

Serving Size: Half Dropper (0.5 mL)

Servings Per Container: About 120

	Amount Per Serving	%DV
Melatonin	1 mg	*

Other Ingredients: Water, glycerin, xylitol, natural flavors, potassium sorbate, citric acid.

Directions: Shake well. Take half of a dropper (0.5 mL) before bed or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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* 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.

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