



# MELATONIN FORMULAS

## Health Benefits of Melatonin

It is primarily recommended to supplement with melatonin for supporting healthy sleep.\* It may also be a useful supplement for daytime stress management, among a variety of other beneficial properties.\*

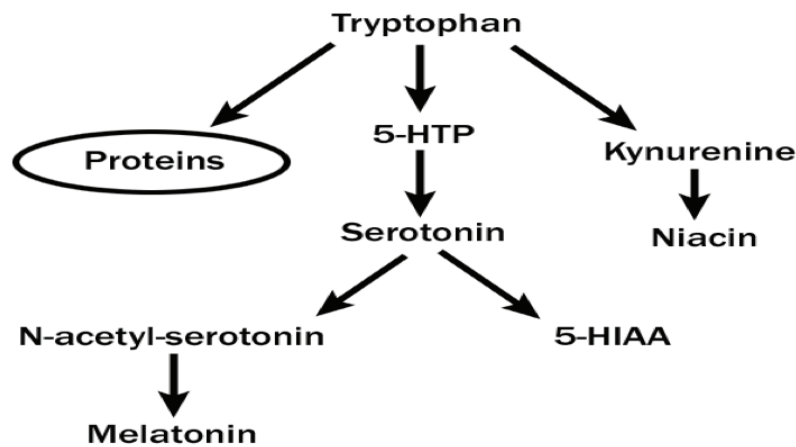
Clinical research suggests the benefits of melatonin supplementation may include:

- Supports proper sleep cycles and circadian rhythms\*
- Supports healthy growth hormone production\*
- May help with falling asleep and jet lag\*
- Supports relaxation and calmness\*
- Supports immune function\*

## What is Melatonin?

TonicSea offers three convenient forms of melatonin: Melatonin Pro (capsule), Melatonin TR Pro (time release) and Melatonin Liquid. Melatonin is a hormone secreted by the pineal gland in the brain that is used by the body to help regulate its internal body clock and induce sleep. The body also produces melatonin through metabolism of the neurotransmitter serotonin.

\* 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.



Melatonin secretion is regulated by hormone/neurotransmitter norepinephrine. Exposure to light environments (such as daylight) reduces melatonin synthesis by stopping stimulation of norepinephrine, whereas exposure to dark environments does the opposite. Thus, it is easier for people to fall asleep when it's dark outside as opposed to bright, sunny times of the day.

This is why normal circadian rhythms are imperative for proper melatonin production and a healthy sleep cycle. Night shift workers may struggle to sleep for more than several hours per day as their body is essentially on an inverse schedule in terms of normal circadian rhythms.

## Melatonin: How it Works & Clinical Research

There are a host of benefits that arise from supplementing with melatonin due to its ability to support healthy sleep patterns.\* Research shows that when circadian rhythms and sleep-wake cycles are askew, a wide range of health problems and premature aging are more likely to occur.

Clinical evidence demonstrates that individuals with irregular sleep patterns and those that work night shifts and/or get jet lag from traveling may benefit from melatonin supplementation. Melatonin may also be useful for those who have trouble falling and staying asleep at night.\*

Furthermore, melatonin is a potent antioxidant with immune-supporting properties, particularly in those that are undergoing chemotherapy.\* Antioxidants are molecules that reduce oxidative stress induced by reactive oxygen species in the body.\*

## Melatonin Dosing Recommendations

To support healthy sleep patterns, take one serving of Melatonin Pro, Melatonin TR Pro, or Melatonin Liquid, one hour before bedtime, or as directed by your healthcare practitioner. \*

If you are nursing, pregnant, or taking medications, consult your healthcare practitioner before use.



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