



Sleep Support

Improve overall quality of sleep by falling asleep faster, staying asleep longer, and waking refreshed. The combination of melatonin and B6 works to reset natural sleep-wake cycles and promotes a good night sleep.

Remedy	Dose	Daily Directions
Melatonin	1 lozenge or 1-10 sprays	before or at bedtime

MELATONIN

Recommended dosage (adult):

Sleep support: 1 lozenge or 1-10 sprays up to 30 min before or at bedtime. Safe to use long term.

Jet lag: 1 lozenge or 1-10 sprays at bedtime after darkness has fallen, while traveling and/or at the new destination until adapted to the new daily pattern.

Shift-work, sleep restriction, altered sleep schedule, delayed sleep phase disorder: 1 lozenge or 1-10 sprays before or at bedtime.

Reset sleep-wake cycle (circadian rhythms): 1 lozenge or 1-10 sprays before or at bedtime

Sleep benefits: Melatonin B6 contains a combination of melatonin and vitamin B6 to improve overall quality of sleep and promote natural sleep. Decreased melatonin production and sleep issues can develop with aging^{1,2} and lifestyle factors (artificial light and increased exposure to electronic screens)^{3,4}. Melatonin works to help regulate the sleep-wake cycles^{2,5}, reset circadian rhythms^{2,5}, increase REM and total sleep time^{6,7,8,9}, and improve overall sleep quality⁵. Vitamin B6 enhances the absorption and biosynthesis of melatonin.^{10,11}

Melatonin production relies on environmental light cues, with darkness as the trigger to increase production. For best results when taking melatonin, stop all exposure to bright lights and electronic screens (computer, tv, cell phone) one hour before bed. Ensure the sleeping space is pitch black throughout the night, with no ambient light emissions.

Additional benefits of melatonin include powerful antioxidant activity for anti-inflammatory and immune protection properties.^{1,12,13}

Melatonin B6 helps improve overall quality of sleep including:

- Increase total amount of sleep^{6,7,8}
- Reset the body's sleep-wake cycle (circadian rhythms)^{2,5}
- Improve age-related insomnia due to melatonin deficiency²
- Reduce the amount of time it takes to fall asleep (difficulty or slowly fall asleep)⁵
- Improve sleep quality in shift workers with altered/restricted sleep schedules^{6,7,8}
- Prevent and reduce effects of jet lag (daytime fatigue, sleep disturbance)¹⁴

Key features: Promote natural sleep, improve quality of sleep, difficulty falling asleep, jet lag, shift work, altered or restricted sleep schedules, age-related melatonin deficiency, age-related insomnia, regulate the sleep-wake cycle, and reset circadian rhythms.