



Melatonin B6

Spray &
Lozenges

Sleep like a...



- ▶ *Fall asleep faster*
- ▶ *Stay asleep longer*
- ▶ *Wake refreshed*

Melatonin B6 Spray & Lozenge

Melatonin is an essential hormone that naturally regulates sleep and resets biorhythms of the body's sleep-wake cycles.

Decreased melatonin production and sleep issues can develop with aging and lifestyle factors (artificial light, exposure to electrosmog from laptop/TV/computer/phone). In addition, during an 8 hour sleep the brain is active for approx. 6.6 hours and only rests for 1.4 hours. It is during this rest stage that total deep relaxation is reached, which is critical for good health, detoxification and well aging. Melatonin supplementation helps regulate natural sleep patterns, improves sleep quality and helps one reach the deeper stages of sleep.

Vitamin B6 enhances melatonin absorption & therapeutic effects.



Melatonin Benefits

- ▶ Difficulty falling asleep (insomnia)
- ▶ Improved quality of sleep
- ▶ Waking in the night
- ▶ Shift work & jet lag
- ▶ Anti-aging antioxidant
- ▶ Resets circadian rhythms

Features

- ▶ Fast-acting natural sleep aid
- ▶ Variable dosing
- ▶ Non-addictive
- ▶ Absorbs under the tongue

Melatonin is a powerful antioxidant and anti-inflammatory, and is one of the body's most efficient free radical scavengers^{1,2}.

References:

1. Karasek, M (2004). Melatonin, Human Aging, and Age-related Disease. *Experimental Gerontology*. 39:1723-1729.
2. Reiter RJ, Tan DX, Manchester LC, El-Sawi MR. Melatonin reduces oxidant damage and promotes mitochondrial respiration: implications for aging. *Ann N Y Acad Sci*. 2002 Apr;959:238-50.

Individualized Melatonin Dosage

- **Difficulty falling asleep** - Take 1-10 sprays or 1 lozenge (10mg) of melatonin 30 minutes to 1 hour before bedtime.
- **Nighttime awakening and early morning insomnia** - Keep on bedside table and take 1-10 sprays or 1 lozenge (10mg) upon waking (do not take within 1 hour of getting up in the morning).
- **Jet lag** – Take 1 hour before desired bedtime after darkness in new destination until adaptation to new daily pattern. Very effective when traveling eastbound over 2+ time zones.
- **Shift work** – Take 1-10 sprays or 1 lozenge (10mg) of melatonin several hours before planning on sleep (note: avoid driving, direct sunlight or bright light after taking melatonin).
- **Age-related sleep aid** – Effectiveness of melatonin may increase with advancing age due to calcification of the pineal gland and decreased pineal-derived melatonin availability - take 1-10 sprays or 1 lozenge (10mg) of melatonin 30 min to 1 hour before bedtime
- **‘Do not do well’ on melatonin**
 - ▶ *Restlessness or sleep initially worsening?* This can be a sign of the body adjusting to melatonin. Take 1-10 sprays or 1 lozenge + 1 tsp (5g) of L-Glycine. L-Glycine has shown to improve melatonin tolerance, as it acts as a serotonin re-uptake inhibitor and decreases core body temperature to match physiological temperature during sleep.
 - ▶ *Too stimulating?* This can be a sign of dysbiosis. The CandFix kit or Candida Program are ideal solutions before starting with melatonin.
 - ▶ *Headache or melatonin ‘hangover’?* This can be a sign for liver detoxification support. The Nestmann Detox Kit or Taraxa or Taraxacum are ideal solutions to promote liver detox.
 - ▶ *Nightmares?* This can be a sign of major stress. Find ways to address deeper underlying psychological issues.

Note: If tired or groggy upon waking, go to bed earlier or reduce the dosage as one should wake feeling refreshed. Do not use melatonin during the daytime, as this can cause adverse effects and disrupt nighttime sleep.

Melatonin B6 Spray & Lozenge

Melatonin	Ingredients	Dosages
Spray	Melatonin 1 mg Vitamin B6..... 1 mg Filtered water, glycerin, alcohol, stevia extract, mint flavour, potassium sorbate.	Dosage (adults): Spritz 1 to 10 sprays under the tongue before or at bedtime, or as directed by a health care practitioner.
Lozenges	Melatonin 10 mg Vitamin B6..... 10 mg Calcium phosphate, citric acid, Crospovidone, D-Mannitol, flavour, magnesium stearate (vegetable), microcrystalline cellulose, stevia leaf extract, xylitol.	Dosage (adults): For sleep restrictions/ altered sleep schedule, delayed sleep phase disorder or sleep-wake cycle: Take 1 lozenge once a day, at or before bedtime. For jet lag: Take 1 lozenge once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern. <i>Do not drive or use machinery for 5 hours after taking melatonin.</i>



NPN 80082182 • 60 ml Spray
NPN 80066072 • 60 Lozenges

Sleep Hygiene

- ▶ Follow consistent and good sleep habits and bedtime routine
- ▶ Melatonin relies on environmental light cues, with darkness as the trigger to increase production. Therefore, one hour before bed: no electronics should be used (this includes computers, TV, or cell phone), all lights should be dimmed, no exposure to bright light (ex. don't turn on bathroom light to brush teeth).
- ▶ For the best results with melatonin, the bedroom should be pitch-black throughout the night with no ambient light emission (alarm clocks, street lights).



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