

Melatonin (60 vcaps)

£16.95

Melatonin is a natural hormone secreted by the pineal gland that regulates the human biological clock. Normally, the body makes melatonin for several hours per night, thus regulating the wake-sleep cycle. The body's production of melatonin decreases with advancing age. Melatonin also has beneficial effects on immune function. Supplemental melatonin can help compensate for reduced body synthesis and regulate sleep patterns during times of disrupted quality of sleep, such as may occur with jet lag or other alterations of the body's natural sleep patterns. However, because melatonin is a potent hormone, it should be taken only with the supervision of a doctor. This product contains pharmaceutically pure melatonin supplied in vegetarian capsules.

Suggested Use: 1 capsule 1 hour before bedtime as needed.

Frequently Asked Questions

What is melatonin?

Melatonin is a hormone produced by the pineal gland located within the brain that regulates the body's internal clock. Levels of melatonin in the body fluctuate with the cycles of night and day. The highest melatonin levels are found at night.

Does melatonin occur in the diet?

Melatonin is present in foods only in trace amounts.

How much is usually taken?

Normally, the body secretes melatonin for several hours per night. This effect is typically best duplicated with 1-3 mg of melatonin taken one to two hours before bedtime. However, the amount needed is very individual and some people may require less or more than this range to compensate for reduced body production of melatonin. Melatonin should not be taken during the day.

Are there any side effects or precautions?

Women who are pregnant or breast-feeding should avoid melatonin supplementation. It is also not recommended for people who have been diagnosed with schizophrenia and autoimmune disease. Those individuals with severe depression or epilepsy should take melatonin only under medical supervision.

Are there any potential adverse drug interactions?

Aspirin and other NSAIDS may lead to decreased melatonin levels. Beta blockers may lead to decreased melatonin levels. Use of melatonin with corticosteroid medication may reduce effectiveness of the corticosteroids.

This product was made in a GMP and ISO 9001:2000 registered facility.

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This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

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Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

Supplement Facts	
Serving Size 1 Capsule	
Amount Per Capsule	
Melatonin	3 mg*
*Daily Value not established.	

Other ingredients: Cellulose, Vcaps™ vegetarian capsule, water, and magnesium stearate.