



Indications

Circadian rhythm imbalances
 Hormonal support
 Insomnia
 Jet lag
 Sleep disorders

Order Information:

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10015 Melatonin Liposome Spray (2 oz. bottle)

Melatonin Spray

Liposome Delivery System for Hormone Support

Product Details:

Sleep is an extremely important physiological process that affects all aspects of health. According to Harvard Women's Health Watch and Harvard Medical School, there are six reasons to get enough sleep. Those include improving learning and memory, balancing metabolism and weight, assisting personal safety by preventing daytime lapses from causing mistakes, enhancing mood, promoting cardiovascular health and supporting stronger immune function. Research has shown that melatonin is a critical hormone that may influence sleep to improve health, among other functions.

Melatonin is the primary hormone of the pineal gland that helps to regulate other hormones and maintains the body's circadian rhythm. The circadian rhythm is a twenty-four hour cycle driving physiological processes of the body and plays a crucial role in determining when to fall asleep and when to awaken. This rhythm is balanced by the dark and light cycle of the day where darkness stimulates melatonin production and light suppresses its activity. The "clock" that regulates the circadian rhythm is located in the suprachiasmatic nuclei (SCN) which are a group of cells located in the hypothalamus. The SCN receives information about the quantity of light through the eyes, interprets the information and sends it to the pineal gland, which secretes melatonin in response. The melatonin cycle may be disrupted by many influences and, once disturbed, the health of the body is compromised. Common disturbances may be due to overexposure to light in the evening and lack of light during the day, jet lag, poor vision, etc. Growing evidence suggests that low-frequency electromagnetic fields may also interfere with melatonin's action.

Melatonin Liposome Spray may be used in any healing strategy to initially improve conditions associated with low melatonin levels, thereby allowing for time to address the causative factors.

Recommended Usage:

As a dietary supplement use 30 minutes before bedtime, 5 sprays under the tongue, hold 20 seconds, then swallow, or as directed by your healthcare professional. Shake well.



Synergistic Considerations:

Core Ginkgo Blend
Core Maca Gold
Core St. John's Wort
Core Valerian
ReHydration
Relax-Tone
Hypothalmapath
Fields of Flowers
Rescue Calm
Seratran
BioBalancer
BioMatrix
Greening Power
Phyto Cal-Mag Plus
Restore Qi

Disclaimer:

Limited to licensed Healing Arts Practitioners for clinical research purposes only.

This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.

Melatonin Spray

Key Ingredients:

Melatonin 1.5 mg per 5 sprays – Melatonin has predominantly been used for some forms of insomnia and other sleep disorders. Preliminary research suggests that Melatonin may also be helpful with counteracting stress, fighting off bacteria and viruses, assisting hormone imbalances, minimizing the symptoms of jet lag, regulating biological rhythms and reducing the risk of coronary disorders.

Vitamin B6 (Pyridoxine HCl) – A critical B vitamin used by the body to balance sodium and potassium levels, regulate fluid balance and electrical function of the nerves, heart and musculoskeletal system. B6 is also necessary to maintain normal intracellular magnesium and is critical for the body to convert tryptophan into serotonin, a precursor to melatonin.

This product is gluten-free.

References:

Peirce, Andrea. 1999. *The American Pharmaceutical Association: Practical Guide to Natural Medicines*. USA: The Stonesong Press, Inc.
Reiter, Russel J PhD and Jo Robinson. 1995. *Melatonin*. USA: Bantam Books.
Thomson PDR. 2001. *PDR for Nutritional Supplements*. Montvale, NJ: Thomson PDR.
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