



# Melatonin & Melatonin SRT™

3 mg and 6 mg Melatonin per Serving

SLEEP SUPPORT\*



Melatonin is a hormone secreted by the pineal gland, a pea-sized endocrine gland located in the brain. One of melatonin's primary functions is to help regulate sleep by controlling the body's natural sleep-wake cycle, known as the circadian rhythm or 24-hour biological clock. Melatonin regulates the body's sleep response when exposed to natural light. The brain releases more melatonin toward the end of the day to prepare for sleep and decreases in the early morning as the sun rises. Melatonin also supports a healthy immune response and antioxidant status in the body.\* Designs for Health offers melatonin in 3 mg capsules and 6 mg sustained-release tablets to support quality sleep, especially for individuals who have difficulty sleeping through the night.\*

Factors that may reduce the natural production of melatonin include the normal aging process, poor sleeping habits, insufficient exposure to sunlight during the day, exposure to blue lights close to bedtime, excessive mental stress, high caffeine or alcohol intake near bedtime, certain medications, and inadequate intake of the nutrient cofactors required to produce melatonin. The nutrients and compounds that are required for the body to produce healthy amounts of melatonin include the amino acid tryptophan, vitamin B6, folate, S-adenosyl-L-methionine (SAME), and iron.\*

## Benefits\*

- Supports sleep quality
- Helps support antioxidant status in the body
- May help support the body's response to changes in time zone

## Highlights

- Available in two serving size options: 3 mg capsules and 6 mg sustained-release tablets per serving for dosing flexibility
- Melatonin SRT™ features sustained-release technology to support sleep quality throughout the night\*

## Recommended Use

**Melatonin:** Adults take 1 capsule per day 20 minutes before bedtime or as directed by your health-care practitioner.

**Melatonin SRT™:** Adults take 1 tablet per day 20 minutes before bedtime or as directed by your health-care practitioner.

**Warning:** If pregnant or using a prescription drug, consult your health-care practitioner. Do not take this product if you suffer from an autoimmune disease, depression, diabetes, or any endocrine disorders. Do not use this product while operating a motorized vehicle or heavy machinery.

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*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.