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# MelaDream 3mg

Melatonin 3mg

Your nightly dose of deep sleep

## Nutritional Information

One oral dissolving tablet provides:

Melatonin	3 mg
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One tablet daily before sleep or as directed by a healthcare professional. Place the tablet in the mouth and allow it to dissolve, then swallow.



## SUMMARY

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- 3mg melatonin.
- Melatonin is a hormone produced by the body.
- Melatonin synchronizes the body's biological day-and-night rhythm.
- Melatonin facilitates a more peaceful sleep and promotes general relaxation by enhancing sleep patterns.

## MELATONIN

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Melatonin is an endogenous hormone produced by the pineal gland, located in the middle of the brain. It is produced from tryptophan, which is converted to 5-hydroxytryptophan, then to serotonin, then to N-acetylserotonin, and finally to melatonin. Melatonin regulates the body's biological day-and-night rhythm (circadian rhythm) and sleep patterns.<sup>1</sup>

The pineal gland is controlled by nerve cells in the hypothalamus called the suprachiasmatic nucleus (SCN). During the day, absorption of light by the retina signals melatonin production to stop through the SCN thereby helping the body to stay awake. The opposite occurs at night.

Melatonin synchronises the body's biological day-and-night rhythm and facilitates a more peaceful sleep by enhancing sleep patterns. Oral supplementation with melatonin has been shown to shorten the time needed to fall asleep, including in adults with Delayed Sleep Phase Syndrome<sup>2,3</sup> and Aged Related Insomnia.<sup>4</sup>

Melatonin supplementation increases serum concentrations of melatonin within 1 hour and can stay in the body for up to 5 hours. MelaDream is specially formulated as an oral dispersible tablet providing rapid absorption of melatonin due to the large capillary network beneath the oral mucosa.<sup>5</sup> As a result, MelaDream increases melatonin levels in the body more rapidly than standard tablet, gummy and capsule products.

## HEALTH NEEDS

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## SCIENTIFIC REFERENCES

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