



Melatonin Extra-Strength 5 mg

Nature's Harmony® Extra-Strength Melatonin 5 mg is a high-quality, high-dose melatonin supplement. Melatonin helps to reset the body's circadian rhythm (sleep-wake cycle), helping to increase total sleep time and sleep quality in people suffering from sleep restriction or an altered sleep schedule, such as shift work and jet lag. Extra-Strength Melatonin is ideal for relief from temporary insomnia, providing natural relief without the side effects of prescription sleeping pills.

PRODUCT CODE: 400105

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps increase the total sleep time and sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps relieve the daytime fatigue associated with jet lag and helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps re-set the body's sleep-wake cycle of circadian rhythm.	Tablet	(Adults) Take 1 tablet daily at bedtime only. For use beyond four weeks, consult a health care practitioner.

DESCRIPTION:

Each easy-to-swallow tablet of Nature's Harmony® Extra-Strength Melatonin contains 5 mg of synthetic melatonin. This synthetically sourced melatonin product is not sourced from the pineal gland of beef cattle, and therefore, contains absolutely no risk of BSE (mad cow disease). This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours, flavours, or preservatives.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Poor diet, aging, depression or anxiety, stress, prescription medications, shift work.

Symptoms of Deficiency: Sleeping problems, insomnia.

Complementary Nutrients: Chamomile tea.

HOW IT WORKS:

Melatonin is a hormone produced by the pineal gland in the brain. Once released into the bloodstream, melatonin prepares the body for sleep by decreasing temperature, alertness, and performance. Nature's Harmony® Extra-Strength Sleep Tight Melatonin interacts with melatonin receptors in the body in the same way as naturally produced melatonin to safely and effectively help restore the natural sleep-wake cycle, increase sleep time, improve sleep quality, relieve daytime fatigue associated with jet lag, and ease shift-work transitions.



DID YOU KNOW...

The darker you make the room you sleep in, the more melatonin your body produces.

Melatonin Extra-Strength 5 mg

RESEARCH:

Several studies have shown an association between decreased melatonin levels and increased risk of insomnia. Research has shown that melatonin increases the speed of falling asleep, improves quality and duration of sleep, and reduces the frequency of nighttime waking. Studies also support the use of melatonin to reduce the effects of jet lag. Most importantly, melatonin is a sleep aid without any hangover-like side effects.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than four weeks or if pain or other factors appear to be the cause of sleeplessness, consult a health care practitioner. Do not use if taking immunosuppressive drugs. Do not drive or use machinery for five hours after taking melatonin.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

Natures Harmony®
Extra Fort
Sommeil d'or^{MC}
Mélatonine
5 mg
Aide à augmenter votre temps de sommeil total et sa qualité
90 comprimés
NPN 80002643

Usage recommandé: Aide à augmenter la durée totale du sommeil (aspect de la qualité du sommeil) chez les personnes souffrant de restriction du sommeil ou d'horaires altérés du sommeil (par exemple, le travail à horaires variables et le décalage horaire). Aide à soulager la fatigue diurne associée avec le décalage horaire. Aide à réduire le temps nécessaire pour s'endormir (aspect délai d'endormissement de la qualité du sommeil) chez les personnes souffrant du syndrome de retard de phase du sommeil. Aide à rebalancer les cycles veille-sommeil (aspect du rythme circadien).
Posologie recommandée (adultes): Prendre 1 comprimé par jour au coucher seulement. Pour un usage de plus de quatre semaines, consulter un praticien de la santé.
Ingédients médicinaux: Chaque comprimé contient: Mélatonine (synthétique).....5 mg
Ingédients non médicinaux: cellulose, stéarate de magnésium.
 Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, dérivés d'origine animale ou colorants, arômes ou agents de conservation artificiels.
Renseignements sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous prenez des médicaments immunodépresseurs. Consulter un praticien de soins de santé avant d'en faire l'usage si vous souffrez de problèmes hormonaux, de diabète, d'une maladie du foie ou des reins, de paralysie cérébrale, de troubles épileptiques, de migraines, de dépressions et/ou d'hypertension ou si vous prenez des médicaments pour la pression artérielle ou des sédatifs et/ou hypnotiques. Consulter un praticien de soins de santé si les symptômes persistent pour plus de 4 semaines. Ne pas conduire un véhicule automobile ou opérer de la machinerie dans les cinq heures après avoir pris ce produit.
CONSERVER DANS UN ENDROIT SEC ET FRAIS, GARDER HORS DE PORTÉE DES ENFANTS.

Recommended Use: Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift work and jet lag). Helps relieve the daytime fatigue associated with jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle (aspect of the circadian rhythm).
Recommended Dose (Adults): Take 1 tablet daily at bedtime only. For use beyond four weeks, consult a health care practitioner.
Medicinal Ingredients: Each tablet contains: Melatonin (synthetic).....5 mg
Non-medicinal Ingredients: cellulose, magnesium stearate.
 This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives or artificial colours, flavours or preservatives.
Risk Information: Do not use if you are pregnant, breastfeeding, or taking immunosuppressive drugs. Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than four weeks, consult your health care practitioner. Do not drive or use machinery for five hours after taking melatonin.

Natures Harmony®
Extra Strength
Sleep TightTM
Melatonin
5 mg
Helps Increase Total Sleep Time & Sleep Quality
90 Tablets
NPN 80002643

Actual Size
 Grandeur réelle
DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.
 www.naturesharmony.com
 1-877-929-2548
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 C.C. Produits Naturels, Inc. limitée
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STORE IN A COOL DRY PLACE, KEEP OUT OF THE REACH OF CHILDREN.