



Melatonin - Maximum Strength 9 mg

Nature's Harmony® 9 mg Melatonin is our maximum strength formula that helps in the temporary relief of insomnia. Melatonin promotes normal sleep patterns and more restful sleep. It also eases shift work transitions, and may relieve jet lag, without the hazards or side effects of prescription sleeping pills. Melatonin works to activate the body's own natural sleep-wake cycle and helps maintain youthful, healthy tissues by supporting the body's regeneration process.

PRODUCT CODE: 400634

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps increase 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 to 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.	Sublingual tablet	Adults take 1 tablet daily at or before bedtime, allowing it to dissolve under the tongue. For use beyond four weeks, consult a health care practitioner.

DESCRIPTION:

Nature's Harmony® Melatonin is available in a quick-dissolving 9 mg sublingual tablet. 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. When taken 30 to 60 minutes before bedtime, melatonin interacts with melatonin receptors in the brain to activate the body's natural sleep-wake cycle.

Recommended Daily Allowance: N/A

Food Sources: None.

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

Symptoms of Deficiency: Sleeping problems, insomnia.

Complementary Nutrients: Chamomile tea.

HOW IT WORKS:

In the natural sleep-wake cycle, darkness triggers the release of melatonin. Once released into the bloodstream, melatonin prepares the body for sleep, decreasing temperature, alertness and performance. Melatonin supplements interact with melatonin receptors in the brain in the same way to induce sleep and help regulate the body's normal sleep patterns.



DID YOU KNOW...

That the darker you make your sleeping room, the more melatonin the body produces.

Melatonin - Maximum Strength 9 mg

RESEARCH:

Several studies have shown an association between decreased melatonin levels and increased risk of insomnia. Melatonin decreases the time it takes to fall asleep and improves the overall quality of sleep. Studies also show that supplementing with melatonin before and after travel can reduce the effects of jet lag. Most importantly, melatonin is a sleep aid without any hangover-like effects.

INTERACTIONS AND SAFETY CONSIDERATIONS:

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.

OTHER CONSIDERATIONS:

Nature's Harmony® Melatonin is a synthetically sourced melatonin product. It is NOT sourced from the pineal gland of beef cattle and, therefore, contains absolutely no risk of BSE (mad cow disease).

LABEL:



**Sommeil dorSM
Mélatonine**
9 mg

**Aide à augmenter
le temps total de sommeil
et à améliorer sa qualité**

45 comprimés sublinguaux
NPN 80018720

**MÉLATONINE 9 mg
ULTRA-FORT**

Usage recommandé: Aide à accroître la qualité du sommeil et le temps de sommeil total 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, et aide à réduire le temps nécessaire pour s'endormir chez les personnes souffrant du syndrome de retard de phase du sommeil. Aide à rétablir les cycles veille-sommeil du rythme circadien.

Dose recommandée (adultes): Prendre 1 comprimé par jour au coucher ou avant, et laisser fondre sous la langue. Pour un usage de plus de quatre semaines, consulter un praticien de soins de santé.

Ingédient médicamenteux: Chaque comprimé contient: Mélatonine (synthétique) 9 mg

Ingédients non médicamenteux: dextrose, carbonate de calcium, arômes (menthe et fruits), cellulose, croscarmellose sodique, stéarate de magnésium, dioxyde de silicium, matière grasse de lait, sucre, maltodextrine, amidon alimentaire modifié, huile de soja hydrogénée, fructose et sorbitol.

Ce produit ne contient pas d'oeuf, gluten ou crustacés.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous prenez des médicaments immunosuppresseurs. 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.

RANGER DANS UN ENDROIT SEC ET FRAIS, TENIR HORS DE PORTEE DES ENFANTS.



**Sleep TightSM
Melatonin**
9 mg

**Helps Increase Total Sleep
Time & Sleep Quality**

45 Sublingual Tablets
NPN 80018720

**MELATONIN 9 mg
MAXIMUM STRENGTH**

Recommended Use: Helps increase 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 to 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.

Recommended Dose (Adults): Take 1 tablet daily at or before bedtime, allowing it to dissolve under the tongue. For use beyond four weeks, consult a health care practitioner.

Medicinal Ingredient: Each tablet contains: Melatonin (synthetic) 9 mg

Non-medical Ingredients: Dextrose, calcium carbonate, flavours (mint and fruit), cellulose, croscarmellose sodium, magnesium stearate, silicon dioxide, milk fat, sugar, maltodextrin, modified food starch, hydrogenated soybean oil, fructose and sorbitol.

This product does not contain egg, gluten or shellfish.

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.

STORE IN A COOL DRY PLACE, KEEP OUT OF THE REACH OF CHILDREN.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER S'IL Y A UNE FISSURE SOUS LE BOND.
www.naturesharmony.com
1-877-929-2548

CCNP C.C. Natural
Produits
Tech Limited

A Proud Canadian Company
Une compagnie canadienne
fière de l'être.

4-00634010-00

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