



# Timed Release Melatonin 2 mg

*Nature's Harmony® Timed Release Melatonin in a 2 mg tablet is a long-lasting (6- to 8- hour) dosage form appropriate for those individuals who have difficulty sleeping through the night and tend to wake too soon. 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.*

PRODUCT CODE: 400885

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
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).	Tablet	Take 1 to 5 tablets one time per day, at or before bedtime. For use beyond four weeks, consult a health care practitioner.

## DESCRIPTION:

In the natural sleep-wake cycle, darkness triggers the release of melatonin. It is a hormone produced by the pineal gland in the brain. 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.

<b>Recommended Daily Allowance:</b>	N/A
<b>Food Sources:</b>	None.
<b>Causes of Deficiency:</b>	Poor diet, depression or anxiety, stress, prescription medications, shift work.
<b>Symptoms of Deficiency:</b>	Sleeping problems, insomnia.
<b>Complementary Nutrients:</b>	Chamomile tea.

## HOW IT WORKS:

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. Melatonin also helps maintain youthful, healthy tissues by supporting the body's regeneration process.

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**RESEARCH:**

Several studies have shown an association between decreased melatonin levels and increased risk of insomnia. Melatonin increases the speed of falling 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 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 (chronic insomnia), consult your health care practitioner. Do not use if you are taking immunosuppressive drugs. Do not drive or use machinery for five hours after taking melatonin.

**OTHER CONSIDERATIONS:**

Nature's Harmony® Timed Release 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:**

**Natures Harmony®**  
**Sommeil d'or Mélatonine 2 mg**  
 Aide à prolonger le temps de sommeil et à augmenter la qualité du sommeil  
 90 comprimés  
 NPN 80006449

**Natures Harmony®**  
**Sleep Tight Melatonin 2 mg**  
 Helps Increase Total Sleep Time and Sleep Quality  
 90 Tablets  
 NPN 80006449

**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 réduire le temps nécessaire pour s'endormir (aspect de l'endormissement de la qualité du sommeil) chez les personnes souffrant du syndrome de retard de phase du sommeil. Aide à rébalancer les cycles veille-sommeil (aspect du rythme circadien).  
**Dose recommandée (adultes):** Prendre 1 à 5 comprimés, une fois par jour, au coucher ou avant. Pour un usage au-delà de quatre semaines, consulter un praticien de soins de santé.  
**Ingédients médicinaux:**  
 Chaque comprimé contient:  
 Mélatonine (synthétique).....2 mg  
**Ingédients non médicinaux:** silicate de calcium, phosphates dicalciques, stéarate de magnésium, cellulose microcristalline, dioxyde de silicium, cellulose. Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.  
**Information sur les risques:** Ne pas utiliser si vous êtes enceinte ou allaitante. Les personnes qui souffrent de troubles hormonaux, de diabète, de maladies du foie ou des reins, de paralysie cérébrale, d'états de crise, de migraines, de dépression et/ou d'hypertension ou qui prennent des médicaments pour la pression artérielle ou des somnifères/hypnotiques, doivent consulter un praticien de soins de santé avant de consommer ce produit. Si les symptômes persistent pendant plus quatre semaines (insomnie chronique), consulter un praticien de la santé. Les personnes qui prennent des immunosuppresseurs doivent éviter de prendre ce produit. Ne pas conduire un véhicule motorisé ou opérer de la machinerie dans les cinq heures suivant la prise de ce produit.  
**RANGER DANS UN ENDROIT SEC ET FRAIS. GARDER HORS DE LA 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 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 to 5 tablets one time per day, at or before bedtime. For use beyond four weeks, consult a health care practitioner.  
**Medicinal Ingredients:**  
 Each tablet contains:  
 Melatonin (synthetic).....2 mg  
**Non-medical Ingredients:** Calcium silicate, dicalcium phosphate, magnesium stearate, microcrystalline cellulose, silicon dioxide, cellulose.  
 This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours or preservatives.  
**Risk Information:** Do not use if you are 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 (chronic insomnia), consult your health care practitioner. Do not use if you are taking immunosuppressive drugs. 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.**

**DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.**  
**www.naturesharmony.com**  
 1-877-929-2548  
**CCND** C.C. Natural Products Limited  
**A Proud Canadian Company**  
 Une compagnie canadienne fière de l'être.  
**F.P.O. - 80%**  
**UPC CODE TO BE: 0 63047 00885 9**