

Melatonin CR

Controlled-Release Melatonin Formula



Available in 90 tablets and 180 tablets

Discussion

Melatonin is a neurohormone produced from tryptophan by the pineal gland when it is stimulated by darkness. While melatonin regulates many other hormones; its primary function appears to be regulation of the body's daily and annual biological rhythms.*

Oral supplementation has been shown to have some benefit with regard to time to sleep onset, total sleep time, and sleep efficiency.^[1] Noteworthy advantages over pharmaceutical sleep aids are improved performance upon waking and the absence of memory impairment.^[2,3] According to studies, daytime melatonin supplementation by travelers crossing time zones and/or shift workers also promotes sleep.*^[4]

Research has shown that melatonin not only fights free radicals during sleep, but also stimulates the body's own antioxidant systems. For example, it reduced harmful oxidized cholesterol (LDL) in post-menopausal women.^[5] Melatonin's antioxidant capacity also accounts for its role as a neuroprotectant. By delivering antioxidant benefits and correcting the circadian rhythm, melatonin could support cognitive function.*^[6,7]

A decrease in plasma melatonin correlates with a decline in immune function in some individuals beginning around the age of sixty. Interestingly, lymphoid cells are an important physiological source of melatonin in humans. The hormone appears to stimulate production of T helper (TH) cells and their release of interleukin-2, gamma interferon and opiod peptides.^[8] Considering the decline in melatonin synthesis with age, exogenous supplementation with the hormone has long been of interest in anti-aging protocols.*^[9,10]

The addition of pyridoxine in this formula supports the biosynthesis of melatonin and may also enhance dream recall.*

The melatonin in the tablet core is released over a 6-hour period. The tablet core contains a tableting agent, hydroxypropyl methylcellulose that works by forming a gel layer when hydrated. This gel layer acts

Clinical Applications

- » Support Synchronization of the Body's Daily Biorhythms*
- » Support Restful Sleep*
- » Direct and Indirect Antioxidant Support*
- » Support Healthy Immune Response*
- » Support Brain Health*

*Melatonin CR is a vegetarian formula designed to release over time. Melatonin is an antioxidant associated with healthy sleep patterns and immune system support.**

as a diffusion barrier to control the rate of release of the melatonin in the tablet core. As the tablet travels through the intestine, the gel layer slowly erodes to release the melatonin, which then is available for absorption in the intestine.*

Melatonin CR Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Calcium (as dicalcium phosphate dihydrate)	35 mg	3%
Melatonin	5 mg	**
** Daily Value not established.		

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, hydroxypropyl cellulose, ascorbyl palmitate, silica, and coating (hydroxypropyl methylcellulose and medium-chain triglycerides).

DIRECTIONS: Take one tablet with water 20 minutes before bedtime, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Do not use if tamper seal is damaged.

CAUTIONS: Do not use if pregnant or nursing. May cause drowsiness, do not drive or operate machinery. Do not take with alcohol. Individuals that have a medical condition, are taking medication, or have long-term sleep difficulty should discuss potential interactions with their healthcare professional prior to use. Intended for occasional and/or intermittent use by adults. Keep out of the reach of children. Not for use by children under 12 years of age.

STORAGE: Keep closed in a cool, dry place.

FORMULATED TO EXCLUDE: Wheat, gluten, corn, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

References

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Additional references available upon request



All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*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.