



Bio-Melatonine

What is Bio-Melatonine?

Bio-Melatonine consists of round, white, tablets each containing 3 mg of the active ingredient melatonin. Bio-Melatonine can be used by persons above 12 years of age. Bio-Melatonine is taken half an hour before bedtime. Bio-Melatonine is rapidly absorbed within 30 minutes to one hour after ingestion. Indications for use are to reduce the time it takes to fall asleep and to alleviate the subjective feelings of jet-lag.

Superior grade

Most melatonin products come in nutritional quality. Bio-Melatonine comes in pharmaceutical quality. Potential impurities are almost undetectable, including tryptophan. Bio-Melatonine tablets are free of sugar, yeast and gluten and are also suitable for vegetarians.

Pregnancy and lactation

Pregnant and breast-feeding women should not take Bio-Melatonine.

What is melatonin?

Melatonin is a natural component found in a long line of living organisms. We find high amounts in the fruit of bananas and in plants of the rice family. In most animals

including man, melatonin functions as a key substance regulating seasonal and diurnal rhythms. In humans melatonin is secreted from the pineal gland in the brain and controlled by a region of the hypothalamus. The synthesis and release of melatonin are stimulated by darkness and peaks between 2am and 4am and is inhibited by light.

If you get up during the night and turn the light on, your body's melatonin production will immediately stop and only reach maximum production again after some hours of darkness.

In humans the brain's production of melatonin is at its highest from 3-5 years of age until adulthood. Hereafter production gradually declines the rest of our life.



Bio-Melatonin

Content

1 tablet contains:
Melatonin

3 mg

Recommended dosage

1 tablet daily, unless otherwise advised; take half an hour before bedtime.
Do not exceed the recommended daily dosage.

Not suitable for children under 12 years, pregnant and breastfeeding women.

Dietary supplements should not replace a varied diet.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Ingredients

Microcrystalline cellulose, silicon dioxide, hypromellose, crosslinked sodium carboxymethylcellulose, melatonin, maltodextrin, magnesium stearate.

Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

No animal source. Suitable for vegetarians.

Bio-Melatonin – a safe product

Melatonin seemingly has no known toxic effects but are not suitable for children under 12 years, pregnant and breastfeeding women.

Where can melatonin be found?

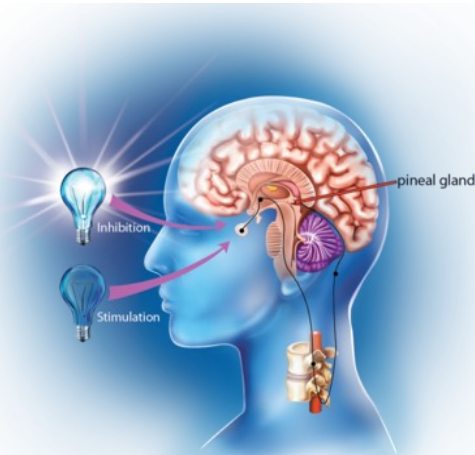
- Bananas
- Oats
- Tomatoes
- Rice
- Sweet corn
- Ginger

Melatonin as a sleep remedy

Ingestion of melatonin causes that you fall asleep faster, but the effect happens indirectly by influencing the body's core temperature and several brain neurotransmitters. Also old people suffering from this kind of sleep problem can benefit from melatonin supplementation.

The circadian rhythm

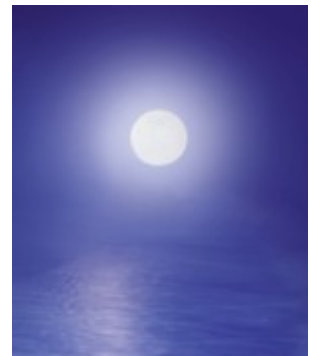
In the brain, we have a sort of a biological clock that controls our circadian rhythm. This clock, maintains an individual circadian rhythm which are not totally equal to 24 hours, but is adapted to a 24 hour daily rhythm by means of the the daylight, that hits the eyes.



Light inhibits the body's melatonin production and darkness stimulates it.

Jet-lag

Flying across multiple time zones is known to cause a disturbed circadian rhythm and accompanying discomfort. Normally we can move our circadian rhythm approximately 1 to 1 1/2 hour a day. If we fly eg. 6 time zones away, it can take 4-6 days before our circadian rhythm is fully adjusted to the new local time. Typically, we experience more discomfort by flying east (toward the Sun) than flying west. Some are better than others to cope with shifting time zones.



Working night shift

Working in shifts can also cause symptoms similar to jet lag if you eg. work at night every other week. It important to sleep in a dark room although you have to sleep during the day.

Blind persons

Melatonin can be used by adult, blind persons. Blind persons may find it difficult to fall asleep at night because they do not in the same way experience the change of light between day and night.

Taking Bio-Melatonin

The optimum time to take Bio-Melatonin is 11pm - 11.30pm but if you work at night and must sleep during the day, take Bio-Melatonin 30 minutes before you go to bed.

Supplementation of Bio-Melatonin should only be taken before going to sleep. It is not recommended to drive or handle potentially dangerous machinery after taking Bio-Melatonin.