

# Melatonin

## PRODUCT INFORMATION

*For a restful, natural sleep and a fresh start to the day!*

*Melatonin helps to shorten the time it takes to fall asleep as well as relieve the subjective feeling of jet lag.*

### Basics:

Melatonin is a natural hormone that regulates the body's biological clock. It is produced in the pineal gland and released cyclically into the bloodstream in small amounts and in a specific rhythm. In this way, it "informs" the entire body about the current circadian (daily rhythm) phase. Melatonin is found in humans, animals, plants and even in unicellular and phylogenetically ancient (three billion years old) algae. It is secreted mainly in the dark; little melatonin is produced during the day. In addition to the circadian (daily) rhythm, there is also an annual rhythm; in winter, due to the different light conditions, the hormone is produced and released into the blood over a longer period than in summer. Certain foods also provide melatonin. It is found in foods such as milk, cherries, walnuts, bananas, eggs and dark chocolate. Certain nightshade plants such as tomatoes also contain a lot of melatonin.

Humans have hardly any melatonin day-night rhythm until the 3rd month of life. After that, the nocturnal serum levels rise and the circadian rhythm gradually develops. This is characterised by melatonin levels rising rapidly during evening twilight, then remaining at a relatively high level throughout the night, before falling rapidly in the early morning. The highest melatonin concentrations are reached between the 1st and 3rd year of life, after which production steadily decreases. Consequently, older people no longer have as high melatonin levels at night as young people, in whom an approximately 8-10-fold increase in melatonin levels is observed during the night. Furthermore, in older people, nocturnal melatonin levels often begin to rise late at night, which can contribute to their difficulty falling asleep. At the same time, nocturnal melatonin levels drop back down to daytime levels too early, which can lead to early waking. Thus, older adults reach melatonin levels of only a maximum of 3 times the daytime levels and this only for a short time. This small difference in day-night levels in older people is often not enough to accurately communicate the change between day and night to the body and to control the internal clock.

Melatonin may prove helpful for occasional difficulties in falling asleep. In addition, it can be effective in relieving jet lag symptoms. Melatonin may also be suitable for shift workers.

**Sleep:** Discovered in 1958 by Dr Aaron Lerner, melatonin has been the subject of intensive research since the early 1980s. Melatonin has been shown to help individuals fall asleep, increase sleep quality and promote restful sleep throughout the night. It is also not addictive, and habituation has not been observed to date. Some medications, including certain sleeping pills, can suppress melatonin production.

**Jet lag:** Melatonin has been shown to help reset the postponement of a disrupted sleep-wake cycle that is common on international flights and among shift workers. This can help suppress the symptoms of jet lag and speed up the body's return to a normal sleep-wake cycle. If the body does not produce enough melatonin or if the body's own production is disturbed, the hormone can be supplemented through special food supplements.

### Ingredients:

#### One tablet (clear) contains:

1 mg, 3 mg or 5 mg Melatonin (N-acetyl-5-methoxytryptamine)

**Other ingredients:** Rice Flour, Magnesium Stearate.

The product is vegan, vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegan.

## Recommended consumption:

Due to its short half-life of about 30 minutes, melatonin should be taken with plenty of fluid shortly before going to bed.

To support a healthy immune system, to improve feelings of well-being and to support a healthy cardiovascular system:

up to 40 years: 1 mg daily

40 – 60 years: 1 – 3 mg daily

over 60 years: 3 – 6 mg daily

Higher doses may be taken whenever required, for example in cases of stress or overweight.

**As a soporific:** up to 10 mg daily

### For shift workers:

up to 5 mg daily 30 minutes before the beginning of the subjective time of sleep.

### Against jet lag:

1st day: 1–3 mg at 11:00 p.m.

(local time in the destination country)

2nd day: 1–3 mg at 10:30 p.m.

(local time in the destination country)

3rd day: 1–3 mg at 10:00 p.m.

(local time in the destination country)

## Melatonin-Product groups

 **Hormones and Hormone-like Substances**

 **Immune System, Cell Protection and Antioxidants**

 **Sleep**

## Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for self-medication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe).

This product is not intended to diagnose, treat, cure or prevent any disease.”

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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