

# Melatonin Liposomal Spray

*Supports Normal Sleep*

## DESCRIPTION

Melatonin Liposomal Spray contains 3mg of the highest purity pharmaceutical grade melatonin per serving (2 sprays) in a liposomal delivery system.

## FUNCTIONS

Melatonin is a natural hormone nutrient that is synthesized from the amino acid tryptophan by the pineal gland in the back of the brain. Melatonin also occurs in small amounts in a variety of foods. In the body, melatonin appears to regulate sleep/wake cycles, support normal immune function, and protect cells from free radical damage.

Most of the research on melatonin has focused on its role in maintaining normal sleep/wake rhythms. The perception of daylight in the eyes is a signal for the pineal gland to inhibit melatonin synthesis and release. At night or in the dark, the body's melatonin production rises. The rise in plasma melatonin is thought to be responsible for bringing on sleep. Nocturnal melatonin production is highest in children and begins to decline from adolescence or until it is virtually absent in the elderly.

Melatonin supports normal immune function by helping maintain the activity of circulating natural killer cells. It also has been found to function as an antagonist for stress-induced immunosuppression.

Melatonin is considered a potent antioxidant that enters all body cells to help prevent free radical damage. In the brain, melatonin is perhaps the most important physiological antioxidant. Due to its lipid and water-soluble properties, it can freely cross the blood-brain barrier. In vitro studies show that melatonin is more effective than glutathione in scavenging toxic hydroxyl radicals, and also more efficient than vitamin E in neutralizing peroxy radicals which can induce DNA damage. Furthermore, melatonin stimulates the main antioxidant enzyme of the brain, glutathione peroxidase.

The liposomal liquid delivery system used for Melatonin Liposomal Spray allows for flexible, convenient dosing of melatonin to address individual requirements.

Liposomal technology helps to maintain the benefits of melatonin by protecting it from the degradative environment of the stomach. This aspect is especially beneficial for patients who have gastro-intestinal dysfunction. Liposomal encapsulation of nutritional ingredients represents a unique delivery system that appears to offer important advantages over existing methods of delivery.

## INDICATIONS

Melatonin Liposomal Spray may be a useful dietary supplement for individuals wishing to supplement their endogenous production of melatonin.

## FORMULA (WW #10316)

**2 Sprays (0.4ml) Contain:**

Melatonin ..... 3 mg

Other ingredients: Glycerin, water, pectin, oleic acid polyglyceride, sunflower lecithin, citric acid, orange oil, rosmarinic acid.

Vegetarian and contains NO gluten. Made with soy-free ingredients

## SUGGESTED USE

As a dietary supplement, hold nozzle 1" from mouth, spray twice and swallow, or as directed by a healthcare professional. Shake well before each use.

## SIDE EFFECTS

Warning: Not to be taken by individuals under the age of 18. If pregnant or nursing, consult a physician before taking this product. Do not use before or while operating a motor vehicle or heavy machinery. Should not be used by individuals taking cortisone or individuals with kidney disease.

## STORAGE

Store in a cool, dry place. Keep out of reach of children.

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.