

# Melatonin

## A Natural Metabolite of Tryptophan

### DESCRIPTION

Melatonin capsules, as provided by Douglas Laboratories®, contain 3 mg of highest purity melatonin produced under strict Good Manufacturing Practices (GMP) standards.

### 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 on 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.

### INDICATIONS

Melatonin capsules may be a useful nutritional adjunct for individuals who wish to support the body's pineal gland function.

### FORMULA (MEL)

#### Each capsule contains:

Melatonin.....3 mg

### SUGGESTED USE

As a dietary supplement, take one capsule before bedtime as needed or as directed by a physician.

### SIDE EFFECTS

#### Warning:

Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication (especially hormone replacement therapy), or have an autoimmune or depressive disorder consult a physician before using this product. Long-term use of melatonin has not been studied. Use of this product could cause hypothermia. Do not use before or while operating a motor vehicle or heavy machinery.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**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.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**